

# BEING SAFE



At a glance:

- What are safe and unsafe Rugby situations?
- What questions can we ask to help us make decisions in uncomfortable situations?
- What safety and education programs does Rugby promote?
- What are some strategies to ensure safety while playing Rugby at school?
- Who can we go to for help?

## OVERVIEW

Australian Rugby Union understands the importance of player safety and uses a range of strategies to ensure player safety including the Smart Rugby safety education program. In this learning experience students identify safe and unsafe Rugby playing situations and explore strategies to address various player, environment and equipment risks. Students also plan for ways they can promote Rugby safety to other students at school.

### LEARNING AREA

- Health and Physical Education

### FOCUS AREA

- Safety; Relationships and sexuality

Strand: Personal, social and community health

Sub-strand: Being health, safe and active (ACPPS001; ACPPS003; ACPPS015; ACPPS017, ACPPS018, ACPPS033; ACPPS036; ACPPS053; ACPPS054)

Sub-strand: Communicating and interacting for health and well-being (ACPPS005; ACPPS020)

### GENERAL CAPABILITIES

- Ethical understanding: Understanding ethical concepts and issues; Reasoning in decision making and actions; Exploring values, rights and responsibilities.
- Literacy: Comprehending texts through listening, reading and viewing; Composing texts through speaking, writing and creating.
- Personal and social capability: Self awareness.
- ICT capability: Investigating with ICT.

### STIMULUS

- PowerPoint Presentation – ready to use!
- Rugby Union – Preventing injury
- IRB Player Welfare.com
- ARU Smart Rugby
- Rugby Union fact sheet – Sport Medicine Australia

### POSSIBLE LEARNING OPPORTUNITIES / TASKS

- Look at the Rugby field images and discuss why some look unsafe and others look safer.
- Read the scenario about friends asking you to play tackle Rugby. Discuss what you might do.
- Read through the hints for making decisions when you're put in an uncomfortable decision.
- Discuss how this could have helped when making the "Rugby scenario" decision.
- Think of other scenarios where you could be put in uncomfortable positions and discuss whether the 'decision making hints' could help.
- Think about how sports try to make their games safe for players.
- Read about two safety programs promoted by the International Rugby Board and Australian Rugby Union to make games safe for players.
- Brainstorm ways you and your teachers could make playing Rugby (both non-tackle and tackle) as safe as possible.
- Go through a range of strategies to ensure safety in Rugby e.g. modify games; be prepared; use good techniques and practices; wear protective gear; check the environment; know yourself and the game, and respond quickly to injuries.
- Discuss where you could go and who you could turn to for help in a Rugby situation.

### REFLECTION

Students reflect on behaviours and actions they can take to keep as safe as possible in Rugby and other sports, and the importance of promoting safe behaviours in sport.

### EXTENSION IDEAS

- Research Sports Medicine Australia to find out what services they provide schools, sports etc.
- Research Rugby injuries and discuss if preventative measures were in place.
- Research First Aid courses for children and adults.
- Register to complete ARU's Smart Rugby program.

### WORKSHEETS

- LP - Make Wally safe
- MP - Rugby safety fill in the gaps
- UP - Rugby safety find the word

### ASSESSMENT IDEAS

- LP - Draw a safe and unsafe Rugby scene
- MP - Develop a Rugby Safety checklist
- UP - Promote "Keeping Rugby safe" ideas