

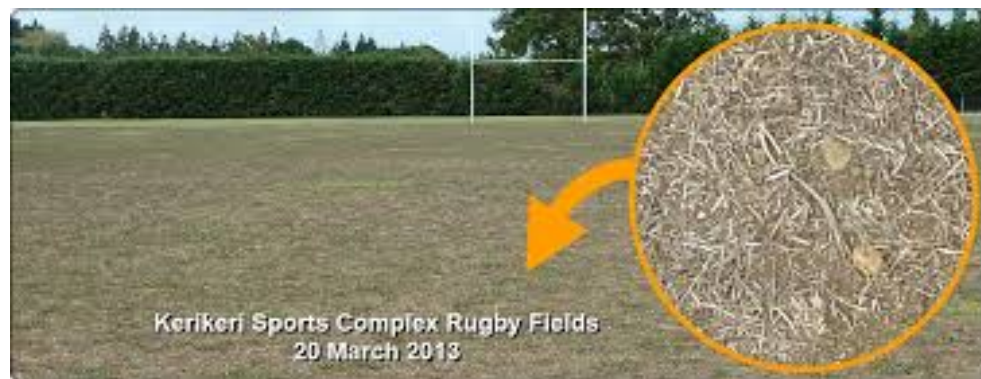


GET INTO RUGBY SCHOOLS

Being Safe

GET INTO
RUGBY
SCHOOLS

What are the risks of playing Rugby here?



Is there any risk playing Rugby here?



How would you react in this situation?

Your friends ask you to play a game of tackle Rugby but you've only ever played non-tackle Rugby and you're not sure if it will be safe.

What do you decide to do?



Hints to help you make a decision

When you're placed in an uncomfortable position, try to use these Hints to help you make your decision:

1. Rely on your feelings – if it doesn't feel right, don't do it!
2. Check the area for safety
3. Be assertive and say "No!" if you don't feel comfortable
4. Use safety equipment
5. Know your limitations



Source: Adapted from "Queensland Health and Physical Education Years 8-10", Michelle Bradford, Sue Dickens, Damien Davis, 1999, South Yarra.

How does Rugby Australia promote safety for players?



Both World Rugby and Rugby Australia have safety education programs in place for coaches, referees and players. Click on the images above to find out more about World Rugby's [Player Welfare](#) program and Rugby AU's [Smart Rugby](#) program.

How can you... and your teachers... ensure safety in Rugby and other sports?

Play and teach modified Rugby at school including Touch7s to introduce the skills and tactics of Rugby while emphasising fair play and safety.



Be Prepared

1. Attend training and talk with your coach about your skills and game requirements
2. Talk to your GP or a sports physician about having a medical test
3. Warm up, stretch and cool down
4. Do a stretching program to maintain flexibility



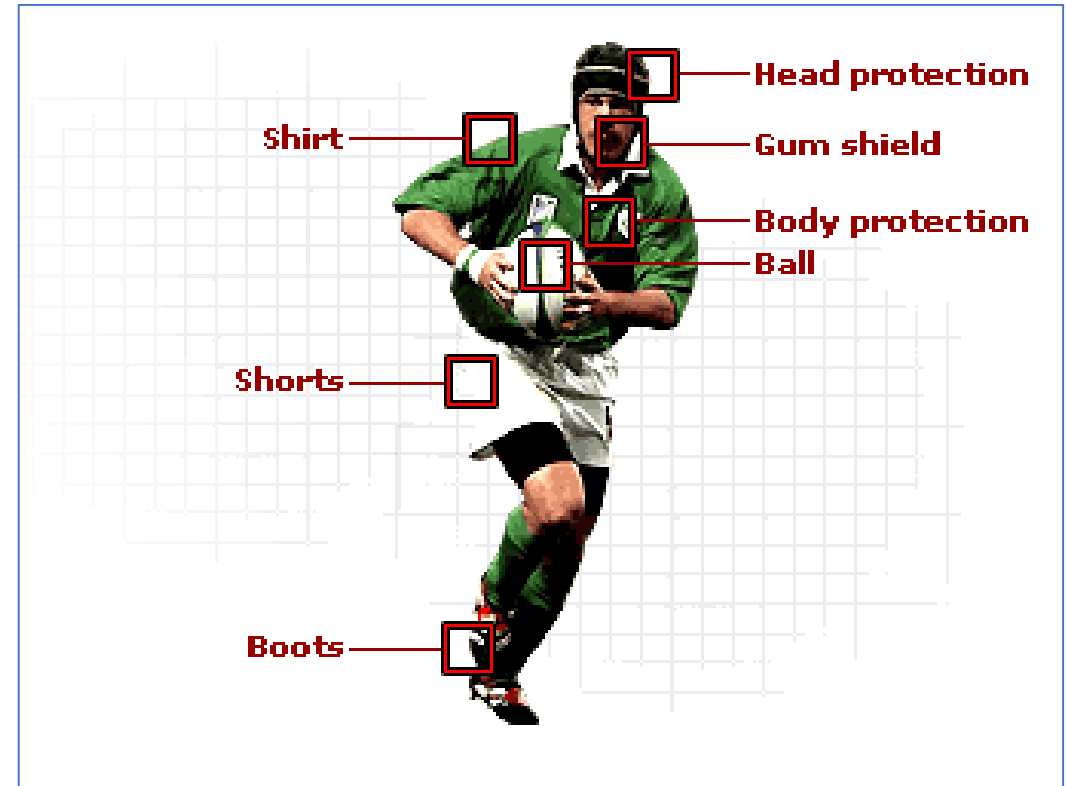
Use good technique and practices

1. Ask your coach to show you the correct technique
2. Learn tackling progressively and practice skills regularly
3. Coaches should receive up-to-date education
4. Referees need to be accredited and players follow the rules



Wear the right protective gear

1. Seek professional advice about footwear
2. Consider preventive ankle taping
3. Wear a mouthguard at games and training and check them often
4. See a sports medicine practitioner about protective equipment if you have had a injury before



Check the environment

1. Check the Rugby field to remove hazards
2. Provide adequate space around the field lines
3. Check that posts are padded and secured firmly to the ground with no part posing a tripping risk



Know yourself and Rugby

1. Know how fit you are
2. Follow the rules and play fairly
3. Know and use the right techniques



Other safety tips


1. Drink water before, during and after play
2. Wear 30+ sunscreen, appropriate clothing and where possible a hat
3. Make sure qualified first aid personnel, first aid kits, icepacks and a stretcher are available at all times
4. Check that there is access to a phone, to contact emergency services




Worksheet fun

Make Wally safe to play!

Wally thinks he is ready to play tackle Rugby....but is he? Draw pictures and words around Wally to make him as safe as possible before he starts playing!



Maybe you could add some of these ideas?




Stretching Training Drinking water Medical test

Lower Primary

Rugby safety fill in the gaps

Help Wally get his "Rugby Safety" message ready to share with his friends. Use the words in the box to fill in the gaps in the sentences below.



Coach prepared taping hat space fit tips emergency	Hazards Protective Mouthguard Injury Padded Fairly kits	Medical Water Stretch advice environment game use tripping
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Rugby Safety

Be _____

- Attend training and talk with your _____ about your skills and game requirements
- talk to your GP or a sports physician about having a _____ test
- Warm up, _____ and cool down
- Do a stretching program to maintain _____

Wear the right _____ gear

- Seek professional _____ about footwear
- Consider preventing ankle _____
- Wear a _____ at games and training and check them often
- See a sports medicine practitioner about protective equipment if you have had a serious body _____ before _____

Know yourself and the _____

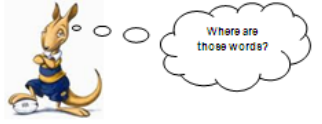
- Know how _____ you are
- Follow the rules and play _____
- Know and _____ the right techniques

Other safety _____

- Drink _____ before, during and after play
- Wear 30+ sunscreen, appropriate clothing and where possible a _____
- Make sure qualified first aid personnel, first aid _____ icepacks and a stretcher are available at all times


Middle Primary

Rugby safety find a word!



R	K	F	B	N	E	G	S	W	Y	S	K	E	N	G
S	I	R	B	E	Y	A	P	A	R	D	M	M	E	N
T	T	S	A	M	E	M	I	T	U	R	N	E	F	I
E	S	U	S	L	E	E	T	E	J	A	R	R	E	P
H	A	T	C	O	A	C	H	R	N	Z	O	G	S	P
N	P	A	D	D	E	D	F	A	I	A	O	E	D	I
S	L	S	T	R	E	T	C	H	F	H	C	N	R	R
D	D	S	G	A	I	S	E	C	F	P	S	C	A	T
E	L	B	C	U	E	C	I	V	D	A	K	Y	W	P
R	E	Y	S	G	D	A	C	R	G	N	I	P	A	T
A	I	L	N	H	P	R	O	T	E	C	T	I	V	E
P	H	R	C	T	N	E	M	N	O	R	I	V	N	E
E	S	I	P	U	I	C	Y	S	K	I	4	T	S	L
R	A	A	D	O	B	O	W	L	S	P	A	C	E	A
P	T	F	T	M	E	D	I	C	A	L	X	O	C	R

Can you find and circle all the Rugby Safety words below in the puzzle above?
Letters can be circled more than once and the words can go across, down, backwards or diagonally.



coach prepared taping hat space fit tips emergency	hazards protective mouthguard injury padded fairly kits	medical water stretch advice environment game use tripping
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Upper Primary

Assessment ideas: Lower Primary

Divide an A4 sheet into two halves and in one half draw a safe Rugby scene and on the other half draw an unsafe Rugby scene. Use words to describe drawings if needed.



Assessment ideas: Middle Primary

Develop a Rugby safety checklist to use at the upcoming Rugby Carnival.



Assessment ideas: Upper Primary

Develop a “Keeping safe in Rugby” promotional tool e.g. newsletter article, brochure, poster, PowerPoint presentation to share with other students and teachers at school.

