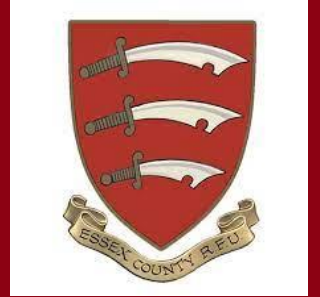


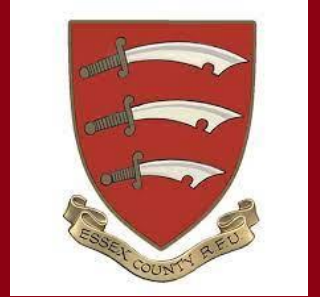
ESSEX RFU



Age Grade Conference

31st August 2025

RUGBY SAFE



RUGBYSAFE 2025-26

CLUB INFORMATION





**First Aid Risk
Assessment**



**Pitch Side Care
Standards**

**PUTTING
PLAYER SAFETY
AT THE HEART
OF THE GAME.**



HEADCASE



**RugbySafe
Leads (CB/Club)**



**Research
(CRISP)**



**RugbySafe
Toolkits**



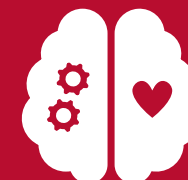
**First Aid
Training**



Activate



Injury Reporting



**Mental Health
& Wellbeing**

CLUB RUGBYSAFE LEAD



- **RugbySafe Champion:** Act as a RugbySafe Champion, utilising the RugbySafe resources and guidelines to help promote best practice in your club.
- **Monitoring:** Ensure the RugbySafe & Player Welfare section on the RFU Game Management System (GMS) is kept up to date, including number of first aiders, qualifications and equipment.
- **First Aid Risk Assessment:** Support the completion of an annual first aid specific risk assessment and ensure the Pitch Side Care Standards (PSCS) and other player welfare measures are considered.
- **Training and Equipment:** Ensure all appointed first aiders are appropriately trained and have appropriate first aid supplies and equipment.
- **Medical Emergency Action Plan:** Ensure there is a clear process in the event of an incident/injury and ensure that this process is communicated and reviewed regularly.
- **Injury Recording /Reporting:** Ensure there is a process in place to record injuries including RFU Reportable Events.



FIRST AID RISK ASSESSMENT (REG 9 - PLAYER SAFETY) & PITCH SIDE CARE STANDARDS (PSCS)



ANNUAL FIRST AID RISK ASSESSMENT



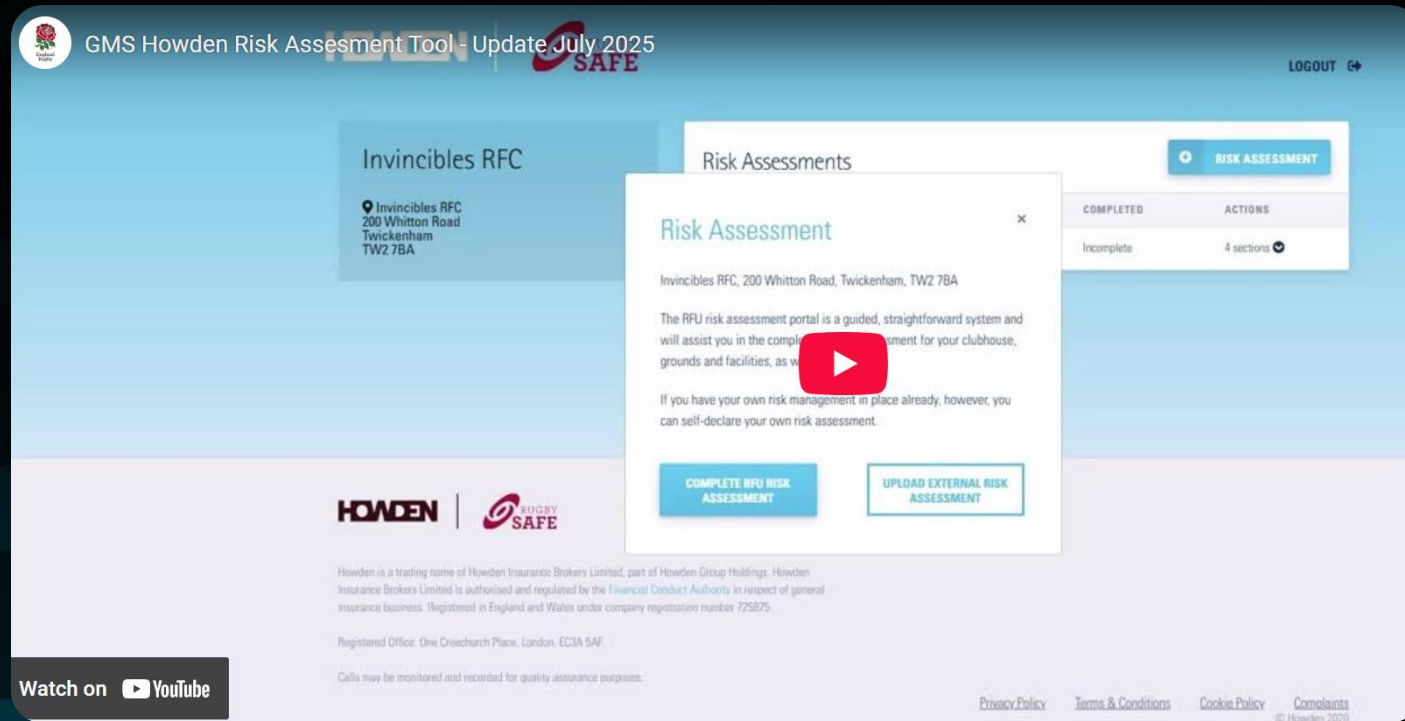
Clubs MUST have a first aid specific risk assessment as set out in RFU Regulation 9 (Player Safety).

- The annual first aid risk assessment must be completed between the beginning of July and end of September.
- The RugbySafe & Player Welfare section of a club's GMS profile must be kept up to date, especially the first aid risk assessment completion date.
- The Howden Risk Assessment Tool (RAT) provides a simple template, designed to support clubs to complete their first aid risk assessment.



ANNUAL FIRST AID RISK ASSESSMENT

The Howden RAT is now integrated into the GMS.
A video is available and provides a step-by-step guide on how to access the risk assessment tool via GMS:



To access, please go to the **GMS login page** and login using your individual GMS details.

Please note: Individuals need GMS Level 3 or above to access the risk assessment tool via their club's organisational profile.



https://www.youtube.com/embed/0LFzDzZs-BM?si=C2RS5BoffnYogH_T%22

PITCH SIDE CARE STANDARDS (PSCS)

- PSCS are the MINIMUM levels of cover that must be provided (unless identified in a club's first aid risk assessment).
- Clubs should aim for best practice – this will provide a safer experience for the players and reduce the risk of disruptions and stoppages in play.
- Whilst the home club is responsible for organising first aid cover when the provision is one first aider per match, a pitch side first aid plan should be agreed by both teams as part of their pre-match communications.



**PITCH SIDE CARE
STANDARDS**

**The PSCS have been updated
for the 2025-26 season to
make it easier for clubs,
especially in the lower age
groups.**

AGE GROUP	MINIMUM STANDARD		BEST PRACTICE
	TRAINING	MATCHES	MATCHES
U7 & U8	1 x First Aider per approx. 40 players across the U7 and U8 age groups.		1 x First Aider per age group.
U9 & U12	1 x First Aider per approx. 40 players.	1 x First Aider per age group.	1 x First Aider per match.
U13 – U18	1 x First Aider per approx. 40 players.	1 x First Aider per match.	1 x First Aider per team.



FIRST AID TRAINING



FIRST AID TRAINING

- Following a review and due to factors beyond RFU control, the Emergency First Aid in Rugby Union (EFARU) face-to-face first aid course will no longer be available.
- The minimum requirement for first aiders involved in rugby continues to be a Level 3 Emergency First Aid at Work (EFAW) or a recognised equivalent qualification.
- Clubs are encouraged to source first aid training from local or national providers giving greater flexibility when booking courses.



FIRST AID TRAINING

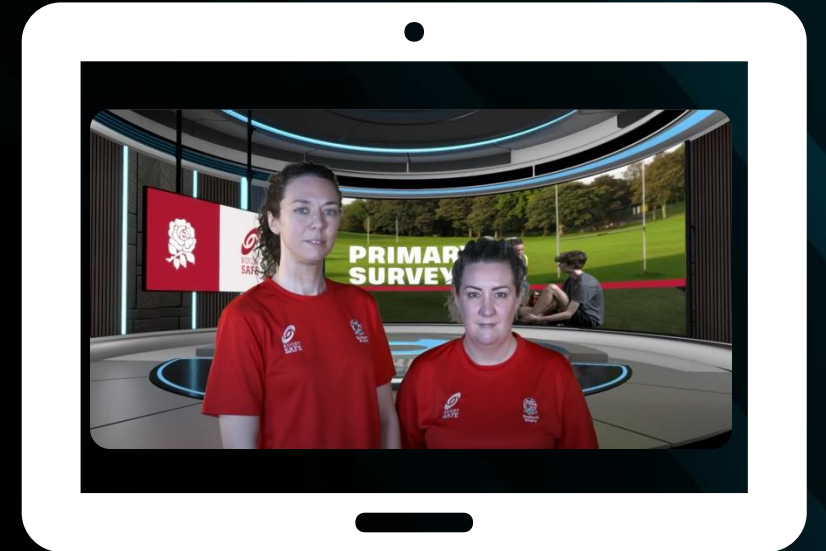
To support clubs in making this transition, guidance is now available on the Pitch Side First Aid & Immediate Care webpage. The updated information includes:

- Pitch Side Care Standards (PSCS)
- Training and responsibilities for First Aiders in Rugby
- A list of training providers who offer relevant first aid training courses and a checklist of considerations and tips for organising a course effectively.



FIRST AID CPD TRAINING

- The First Aid in Rugby Union CPD (Continuing Professional Development) modules are designed to give qualified First Aiders a refresher of the skills and information provided in their full three-yearly course.
- This course is not intended to replace a full Level 3 First Aid course but to support the skills of those who have a current qualification as a first aider.
- The first aider skills covered are split into three bite-size modules that are openly available and free to access.





COMMUNITY RUGBY INJURY SURVEILLANCE & PREVENTION (CRISP) PROJECT



WHY DO WE RECORD INJURIES?

- Identify how many injuries and how they occur to help decide which injuries we need to target with research.
- Track how often injuries occur to understand whether they are becoming more or less common.
- Look at the effect of law changes such as changes to tackle height.



INJURY DATA WANTED!

The CRISP Project team is hungry for injury data to help us develop our understanding of injuries across all levels of the English community game.

We seek data from the following teams:

- **Adult Male Community**
 - National, Regional & Counties Levels
- **Adult Female Community**
 - Championship & National Challenge Levels
- **Age Grade Boys and Girls**
 - Clubs, schools, colleges (U13-U18)

Submitting your injury data helps us to improve player safety. It allows us to understand the:

- Continued impact of the lowered tackle height on injuries
- Differences in injuries across age groups
- Differences between the male and female game

CRISP 2025-26

What is required by teams?

- Some initial work in pre-season to add player details and request that players provide consent.
- Once the season starts, if data is recorded on a weekly basis, only match details need to be recorded which takes **only a few minutes** and any injuries which occurred.
- Providing information should not take more than **5-10 minutes per injury**. On average less than one recordable injury per match.

CRISP 2025-26

- **CRISP** is the main way for us to monitor and understand injuries in community rugby
- CRISP is a **Team Effort**
- We need teams to get involved as we look to improve our data collection and complete the **tackle height** law variation evaluation.

Submitting your injury data helps us to improve player safety. It allows us to understand the:

- Continued impact of the lowered tackle height on injuries
- Differences in injuries across age groups
- Differences between the male and female game

LEARN MORE.

REGISTER YOUR TEAM. SUBMIT YOUR DATA.



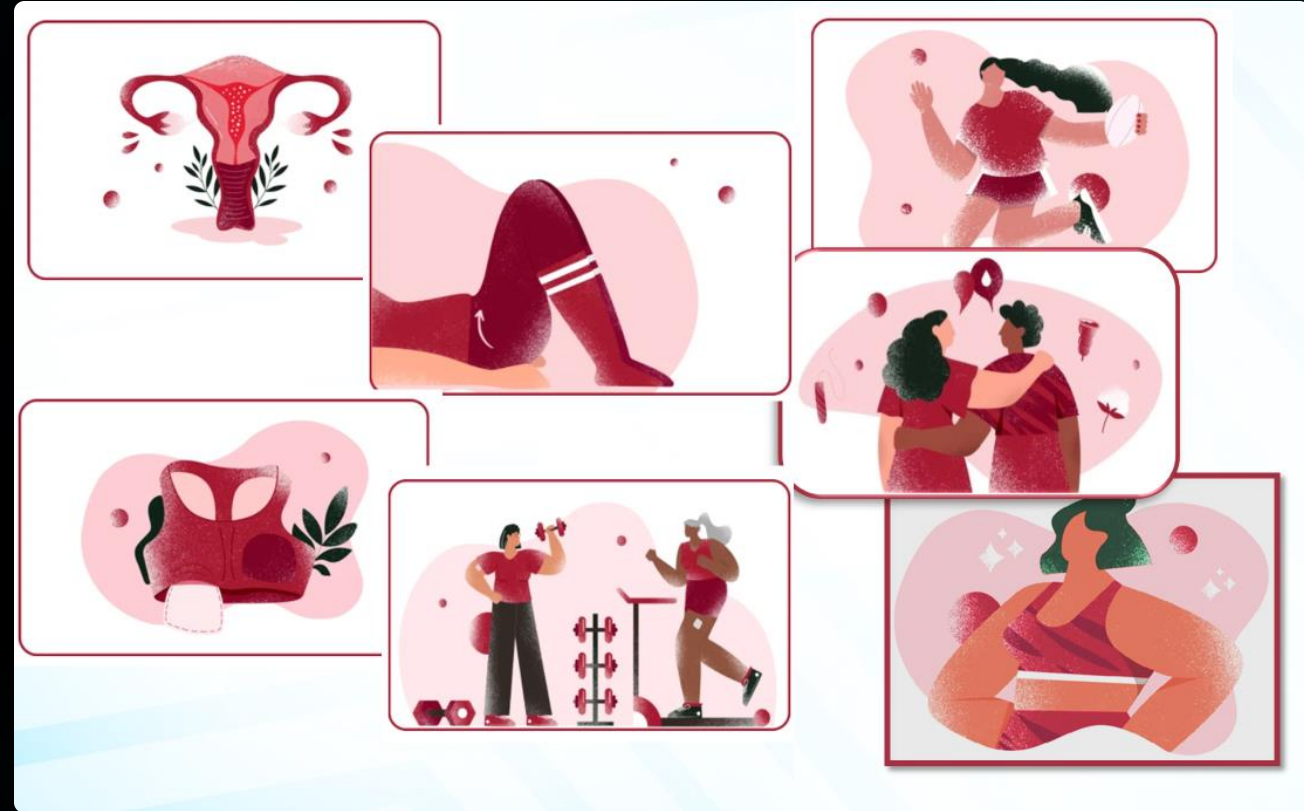


FEMALE HEALTH & WELLBEING



FEMALE HEALTH TOOLKITS

- Breast Health
- Menstrual Health
- Mental Health & Mental Skills
- Pelvic Health
- Postpartum
- Optimising Performance
- Menopause
- Puberty
- Nutrition (Food4Rugby)

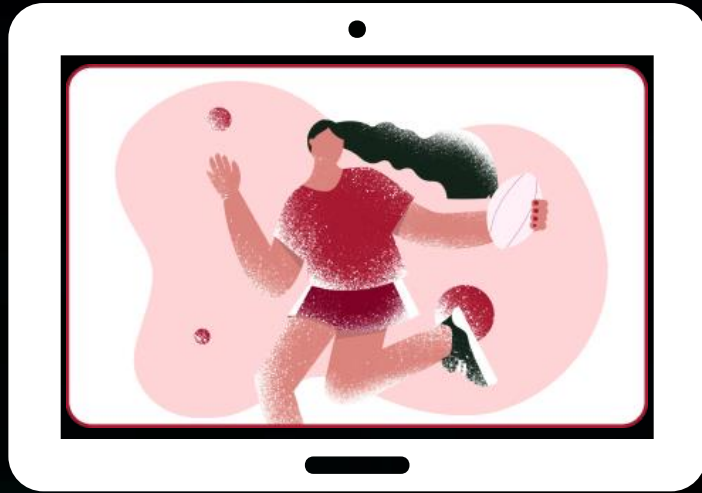


FEMALE HEALTH CHAMPIONS



- Female Health Champions have been trained across all four regions.
- They will be available to deliver workshops to clubs on female health and wellbeing to increase knowledge on the topics.
- Interested clubs can book a session directly with their local female health champion.

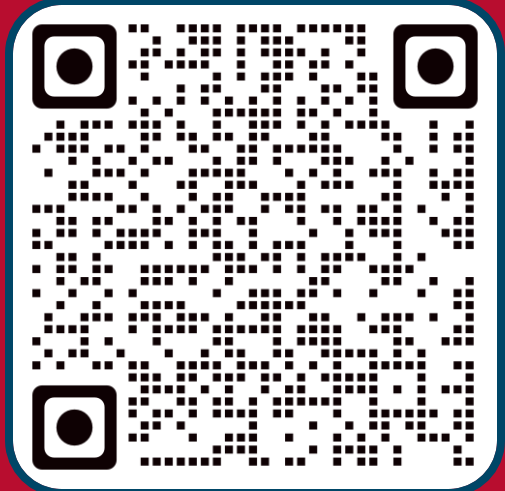
SIGNPOSTING



Coming soon.... eLearning modules

- Modules covering RFU female health topics.
- Three versions aimed at:
 - Coach and parent of age grade
 - Age grade players
 - Adult game - coach, players, rugby athlete
- Planned launch at start of RWC.

Visit the Female Health
webpage to access all
the resources and find
your local Female
Health Champion.



HEADCASE: CONCUSSION AWARENESS



HEADCASE ELEARNING

HEADCASE eLearning modules:

- Coaches / Teachers of Age Grade Players
- Age Grade Players (U13 upwards)
- Parents & Guardians of Age Grade Players
- Coaches of Adult Players
- Adult Players
- Match Officials

New for 2025-26:

- Appointed First Aiders



GRADUATED RETURN TO ACTIVITY & SPORT (GRAS) PROGRAMME

STAGE 1: Initial Relative Rest
24 - 48 hours after concussion

STAGE 4: Rugby-Specific Non-Contact Training Drills & Weight Resistance Training
No earlier than **Day 8**

REMEMBER!
This is a pathway and not a protocol and **should be individualised for each player.**

STAGE 3: Aerobic Exercise & Low Level Body Weight Resistance Training

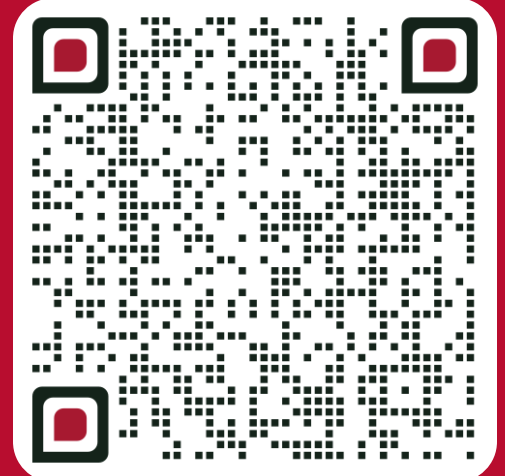
When symptoms allow e.g., mild symptoms are not worsened by daily activities/light physical activities

STAGE 6: Return to Play
No earlier than **Day 21**

HEADCASE RESOURCES



Visit the **HEADCASE Toolkit** to access the guidance, eLearning modules, downloadable resources and to order posters and pitch side cards for your club.



**HEADCASE
TOOLKIT**





HOWDEN



PROACTIVE



Join the 500 existing clubs using Proactive to Improve safety, manage concussions, and report to RugbySafe standards:



Sign-up is super simple and once completed we'll have your account up and running within 48 hours:

<https://rugbyunion.proactivereporting.com/signup>

- **Just £60 + VAT per year for use across the club**
- 60 licences included for your staff but just ask for more if needed
- **Follows RugbySafe guidelines and is vetted by RugbySafe staff**
- Super simple to set up and use
- Need more info – proactive@we-activate.co.uk

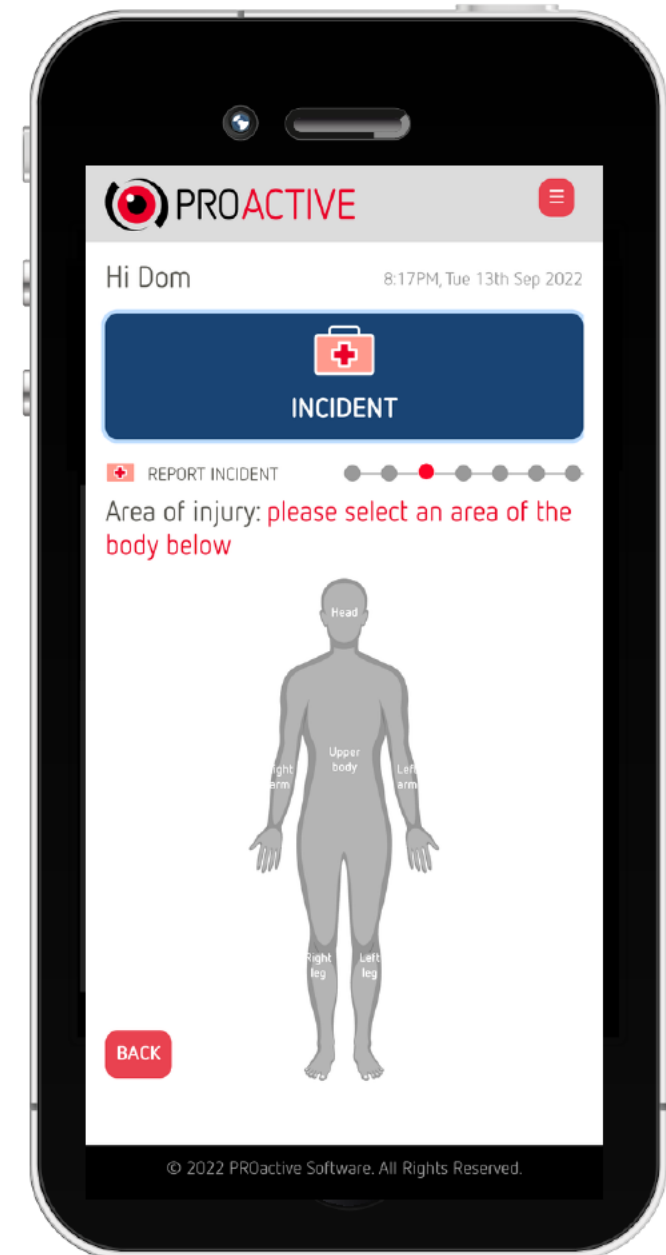




What's included:

- **Incident Reporting**
- **Dynamic Risk Assessment**
- **Pre-Session Checks**
- **HEADCASE Concussion Tracker**
- **Medical Emergency Action Plan**
- **Direct links to resources from the app – e.g. guidelines / central risk assessments / emergency plans**

Your club account gives you unlimited usage across all your staff





Club use of Proactive Example Model:



TEAM / GROUP
E.G. VETS

TEAM / GROUP
E.G. UNDER 9'S

TEAM / GROUP
E.G. DEVELOPMENT SQUAD



**GROUP
ADMIN** **OR** **COACH**



Known as 'Company Admins'
Staff at this level see the
organisation dashboard but can
dive into individual groups too

'Groups' can be set up and
named however you like - e.g.
age groups if you run a club

'Users' - assigned to one or multiple groups.
There's two kinds - **'Group Admin'** they get to
see their 'group(s)' dashboards - often a head
coach or someone in charge of a group.
'Coach' They just get to complete reports.

HEADCASE Concussion GRAS Tracker

- Designed to work alongside 'Headcase' resources
- Simple advice and guidance for when a concussion is flagged by a coach:
- Automated notifications sent to parent and club via the Proactive app
- Information providing immediate advice to coach and participant on 'what to do next' and 'recovery timeline'
- Automated notifications at each stage of recovery – e.g. after 2 weeks – 'Return to full contact training' with accompanying guidance for all parties.
- Green light for return to play (After agreed timeline or certification from qualified professionals)



View more features and info at:

www.proactivereporting.com



If you have any questions please email:
proactive@we-activate.co.uk





MENTAL WELLBEING



LooseHeadz.

→ Who.

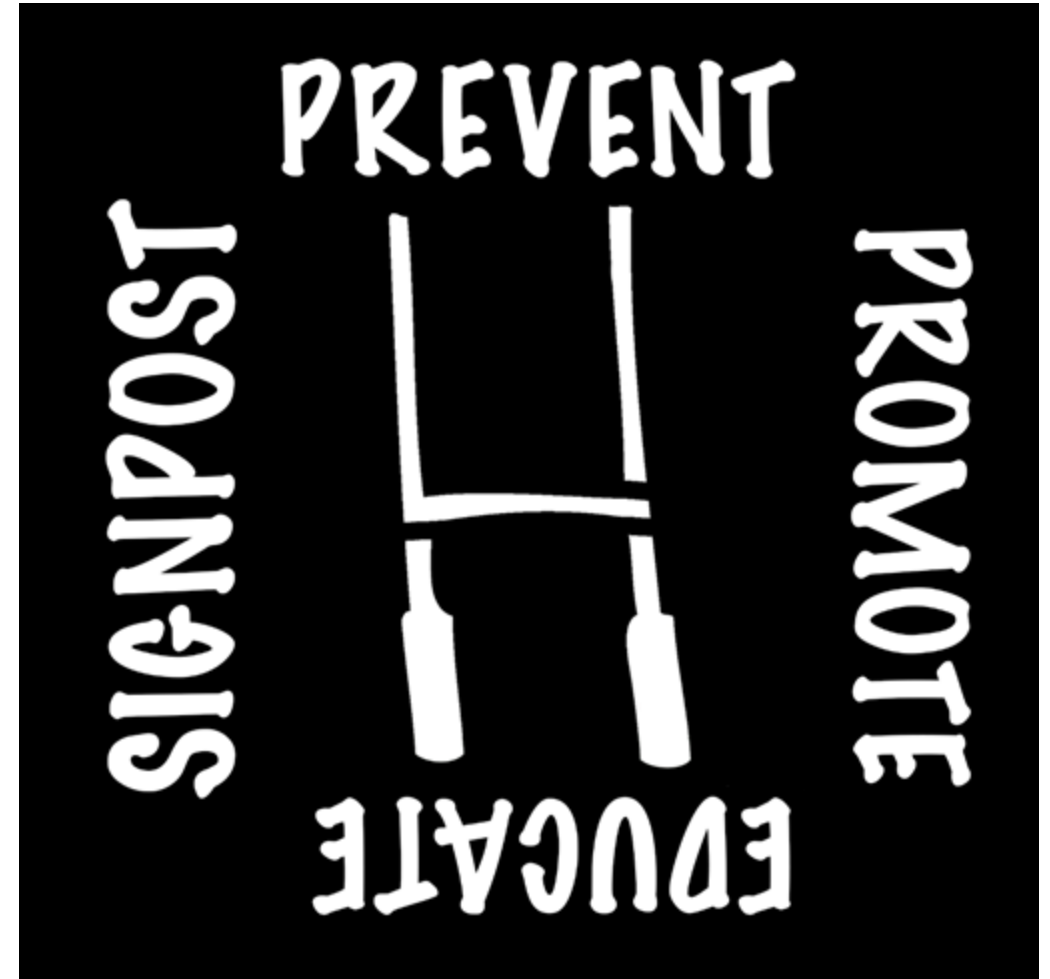
- ◆ We are the leading mental health charity in rugby.

→ What.

- ◆ Our aim is to use rugby as a way to normalise the conversation around mental health & to #TackleTheStigma.

→ Where.

- ◆ 1,000 + clubs in 28 countries



JOCA (Just One Call Away)

A cartoon illustration of a jester with red hair, wearing a red and white striped outfit and a jester's hat with three bells. The jester is holding a white smartphone in their right hand and a white ball with a black stripe in their left hand. The background is a solid red color.

#NO1TRYALONE

FOR A CONFIDENTIAL, FRIENDLY EAR CONTACT US AT
JOCA@WRFC.CO.UK

SIGNPOSTING

The Mental Wellbeing Toolkit provides information, guidance and resources for clubs and individuals, including how to access the Looseheadz website.

It also contains links to other support services.



**MENTAL
WELLBEING**





RUGBYSAFE RESOURCES



RUGBYSAFE LEAD - PLANNING

- Has your club completed its 2025-26 first aid specific risk assessment?
- Is your club meeting the pitch side first aid standards, if not what's the plan to achieve it?
- What is working well in your club in relation to player welfare and RugbySafe?
- What else can you do in your club to improve awareness and understanding around player welfare and RugbySafe?
- What opportunities are there for local clubs to work together to improve player welfare and awareness of RugbySafe?



RUGBYSAFE RESOURCES

All the information and resources referred to in this presentation can be found on the **Player Welfare** page in the **Run** section of England Rugby.com.



**PLAYER
WELFARE &
RUGBYSAFE**



Follow

Play

Run

Fixtures & Results

Search

Login

O₂

Club Management

Refereeing

Coaching

Rugby in Education

Rules & Governance

Player Welfare

Safeguarding

Run / Player Welfare

PLAYER WELFARE

Clubs and organisers of rugby activities have a responsibility to health and safety to ensure that rugby union is delivered in a safe and enjoyable environment.

Everything within player welfare

RugbySafe Resources

Pitch Side First Aid & Immediate Care

Female Health and Wellbeing



RUGBYSAFE COMMS

- Make sure you are listed as your club's RugbySafe Lead on GMS!
- Engage with your CB RugbySafe Lead

Information & Resources:

YouTube – Check out the RugbySafe video library:

<https://www.youtube.com/@EnglandRugbyGameDevelopment>

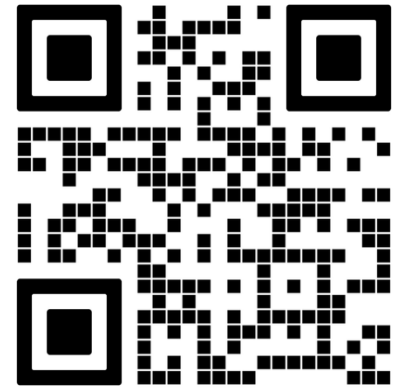
Social media:

Twitter / X: @rugbysafe

Facebook Page: RugbySafe

Instagram: @RugbySafe

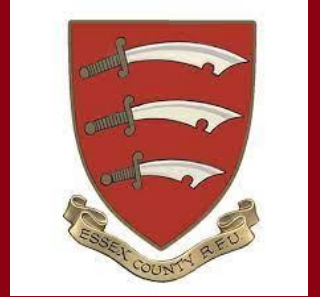
Threads: @RugbySafe



**RUGBYSAFE
YOUTUBE
PLAYLIST**



County requirement



I'm seeking two people to join me and be part of the Counties RugbySafe team,

1, Womens Health

2, Mental Health

3, Join the Counties RugbySafe WhatsApp group
(only if listed on GMS as RugbySafe Lead

My Contact Details:>>>>>>



RUGBYSAFE 2025-26 CLUB INFORMATION

THANK YOU



Wrap Up



Thanks for attending.

Quite a lot of information but all of it is important and in most cases mandatory given its regulations.

We want to EDUCATE NOT POLICE OR PUNISH

We ask that you set up meeting(s) at your club with coaches, team managers, safeguarding officers, rugby safe leads and discipline secretaries to share what you have heard as early as possible.

We would be happy to attend any of those meetings to offer support if required.