

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—TACKLE

Rugby is a contact sport played by two teams of 7, 10, or 15 players per team on a field about the size of a soccer pitch. The objective of the game is to get the ball across the other team's goal line and touch the ball to the ground by running or passing the ball. A distinct characteristic of rugby is that you may only pass sideways or back.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Rugby Canada coach, or an experienced player capable of demonstrating competencies of a certified coach (Most leagues will require that the coach[s] have completed the Introduction to Competition Coaching program including Safe Rugby training)

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in rugby

Rugby safety rules/procedures are learned prior to participation

Skills/movements are learned in proper progression

All students must demonstrate competency of skill/fitness prior to playing a game (Early game development is via modified versions of the game.)

Players are matched by size and experience for instruction regarding/involving contact

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

PHYSICAL ACTIVITY SAFETY CHECKLISTS

RUGBY—TACKLE

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instructional stages of contact skills and **on-site supervision** the rest of the time

Coach controls all aspects of the drills involving contact

Individual trained in first aid must be present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session

Field is level and free of hazards (e.g., gopher holes) or debris

Activity area is clearly marked with adequate out-of-bounds areas

Instructions for use of facility are posted

Proper lighting is provided

Indoor practice facilities have a clearly marked emergency exit

Equipment

Equipment to be used is suitable and in good condition

Goalpost padding must be in place

Rugby ball is properly inflated

First aid kit, spinal board and phone are available

Clothing/Footwear

Appropriate footwear is worn; boots must be as per International Rugby Board (IRB) specifications

Laces are tied and open-toed shoes are avoided

Jewelry must be removed

Appropriate clothing is worn (t-shirt and shorts are best), permitting unrestricted movement

Clothing must meet club or IRB requirements

Mouth guards are mandatory

Suitable protection is used against heat, cold, sun, or insects

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Players who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to play until cleared by a trained medical individual

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher