NRU RugbySafe Update for Clubs – August 2023

Following the RugbySafe Conference in June, clubs should be aware of the following updates that apply for season 2023-24.

- Regulation 9

From season 2023/24 all clubs MUST complete a first Aid Risk Assessment.
This can be Howden's https://howdenriskassessment.co.uk/rugby/lookup-club or can be club's own.
Declare it has been completed on GMS – EVERY SEASON.
Letter will go out from RFU second half of season if not done.
If ignored there may be sanctions!

Every team should have a first aider present.

- EFARU courses/vouchers.

If your club has been allocated vouchers for the EFARU course please get these allocated to individuals asap or risk having them taken off you and reallocated. Instructions of how to do this were emailed and handed out at the meeting in May.
More vouchers will be available this season and myself and Claire will look at allocating those soon.
To receive vouchers you must have a named Club RS Lead on GMS and completed the FA risk assessment and declared on GMS. And allocated any vouchers you were given last season to individuals.

- Concussion/Headcase.

RFU Headcase resources, online training module, etc being updated in line with new Government/DCMS Concussion guidelines
http://sramedia.s3.amazonaws.com/media/documents/9ced1e1a-5d3b-4871-9209-bff4b2575b46.pdf
Everyone will need to renew online Headcase training at start of season.
Briefly the differences in new government protocols are:

1. Assessment by a healthcare professional (could be club physio/sports therapist if available) OR call 111 within 24 hours.
2. 24 - 48 hours rest.
3. Graduated Return to Activity and Sport (GRAS) for 21 days – can return to competitive sport on day 21 if symptom free and completed GRAS.
4. Symptoms last more than 28 days – go see GP or Healthcare Professional.
5. No difference in protocols for adults and age-grade.

- Proactive

Injury reporting and risk assessment app.
£50 per club for 60 licences.
Now allows you to send info to RFU for reportable injuries (those that require hospital admission overnight or death within 6 hours of a match).
Now has tab for CRISP (injury surveillance data).
Will soon send concussion updates, advice to players reported as having suspected concussion.
Highly recommend it for clubs injury reporting and pre-session risk assessments.

Will still need to complete concussion forms for county as due to GDPR laws there is no access to data outside the club.

- Mental health – Looseheadz

RFU have affiliated with mental health charity Looseheadz (registered charity number #1193051).
FREE toolkit for clubs https://looseheadz.co.uk/pages/partnership-programme
CPD accredited training course – FREE
24/7 mental health line
Signposting content
Youth training module being launched.

- RugbySafe resources

www.keepyourbootson.co.uk
Lots of RugbySafe toolkits including the information on how to book EFARU courses.
New Women and Girls Toolkit

- CRISP

Community Rugby Injury Surveillance Project.
https://www.englandrugby.com/participation/playing/player-welfare-rugby-safe/rugbysafe-research
Please consider signing your clubs up as this season the data will help to audit the changes to tackle height!
Need more data from women and girls – WRISP.
Plan is to design Activate specific to women and girls but the RFU need some data!

- Howdens/Insurance

Importance of risk assessments were highlighted.
Clubs should consider Tour Insurance if they are going outside the UK – see Howdens website for details.

Any questions, please get in touch with the County Office and we will respond as soon as possible.

Cathryn Clark
August 2023