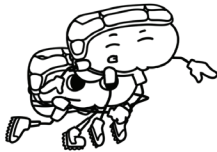


# Rugby: Play Safe

70% of head injuries in rugby are sustained by a player completing a tackle.



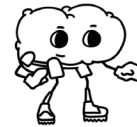
**NEVER** target legs directly when tackling, **NEVER** tackle with head high or hit the opponent above the shoulder, **NEVER** tackle too early, too late and dangerously



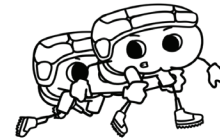
Tilt head in the opposite direction of where you are tackling your opponent



Wear proper equipment; including mouthguards, boots with studs, ankle tape and padding



Learn the tower of power; feet shoulder width apart, knees bent, core engaged, hips lowered, head and neck neutral with elbows out



Follow the golden rule of "cheek to cheek" in tackling and learn the "hit, wrap and lock" technique



Bend at the waist, keep arms up and raised at shoulder height while keeping head away from opponent's knees

Tell your parents and coaches if you think you've had a concussion.

**Play Safe, Play More!**

# Rugby: Return to Activity

STAGE

1

## SHORT PHASE OF PHYSICAL & COGNITIVE REST. **NO CONTACT.**

- Scale back physical and cognitive activity, participate in home activities (i.e., make bed, listen to music quietly).

STAGE

2

## LIGHT EXERCISE. **LIGHT ACTIVITY - 15-30 MINS, UP TO 2X/DAY. NO CONTACT.**

- Walk, stretch/gentle yoga, swim, and/or light intensity on rowing machine or stationary bike.

STAGE

3

## INDIVIDUAL SPORT SPECIFIC ACTIVITY. **MODERATE ACTIVITY - 30 MINS, UP TO 4X/DAY. NO CONTACT.**

- Warm up & stretch (i.e., ankle flicks, high knees, garrison stretch, hip in & outs, crabbing, airplane).
- Running, ball carrier and footwork drills (i.e., jogging around cones, T drill, box drill, accelerate and jog, light sprints with arm swing).

STAGE

4

## SPORT SPECIFIC PRACTICE WITH TEAM. **MODERATE/VIGOROUS ACTIVITY - 30 MINS, UP TO 6X/DAY. NO CONTACT OR SCRIMMAGES.**

- Ease back to practice. Wear no-contact jersey. Practice drills with ONE TEAMMATE.
- Increase speed, direction changes and combination (i.e., sprint forward, back, diagonal with burpee, walking lunge with twist, knee across skips, carioca)
- Strength training: (i.e., squats, split leg single squat, lunges, pull ups, side plank) and rugby-specific drills (i.e., mirror me, dodge, rectangle drill).
- Review and walk through offensive and defensive plays with NO CONTACT (i.e., touch ruck, touch maul).
- Watch plays or videos. Highlight and review safety techniques.

STAGE

5

## SPORT SPECIFIC PRACTICE WITH TEAM. **VIGOROUS ACTIVITY. CONTACT, SCRIMMAGES.**

- Progress to warm up and drills with FULL TEAM.
- Increase level of resistance training (i.e., deadlifts, power cleans, jammer press, med ball twist).
- Walk through and practice safe tackling, maul, ruck, scrum and lineout techniques. Grade your level of contact from touch to defender with pads then to full player contact.
- Practice unopposed team and coordinated game drills (i.e., touch and retreat, overload touch, maul ball, forward drive, contract drill, v touch, end ball, NSEW).

STAGE

6

## RETURN TO FULL SPORT. **GAME PLAY. CONTACT.**