RUGBYSAFE CLUB INFORMATION 2026-27

CB Contact: Chris Earl at rugbysafe1@nldrfu.co.uk

BECAUSE PLAYER WELFARE MATTERS.

RUGBY SAFE

- First Aid Risk Assessment
- Pitch Side Care Standards
- HEADCASE
- RugbySafe Leads (CB/Club)
- Research (CRISP)
- RugbySafe Toolkits
- First Aid Training
- Activate
- Injury Reporting
- Mental Health & Wellbeing

TOPICS

2026-27 Focus Areas

For Action:

- Regulation 9 - First Aid Risk Assessment & Pitch Side Care Standards
- ER.com – Player Welfare updates
- Club RugbySafe Lead Introduction
- England Rugby Learning
- First Responder Training
- Community Rugby Injury Surveillance & Prevention (CRISP) Project



TOPICS

2026-27 Focus Areas For Awareness:

- First Aid Training
- Female Health & Wellbeing
- HEADCASE: Concussion Awareness
- Proactive
- Mental Wellbeing – Looseheadz Training



RUGBY SAFE

REGULATION 9 - FIRST AID RISK ASSESSMENT & PITCH SIDE CARE STANDARDS

RUGBY SAFE

England Rugby

ANNUAL FIRST AID RISK ASSESSMENT



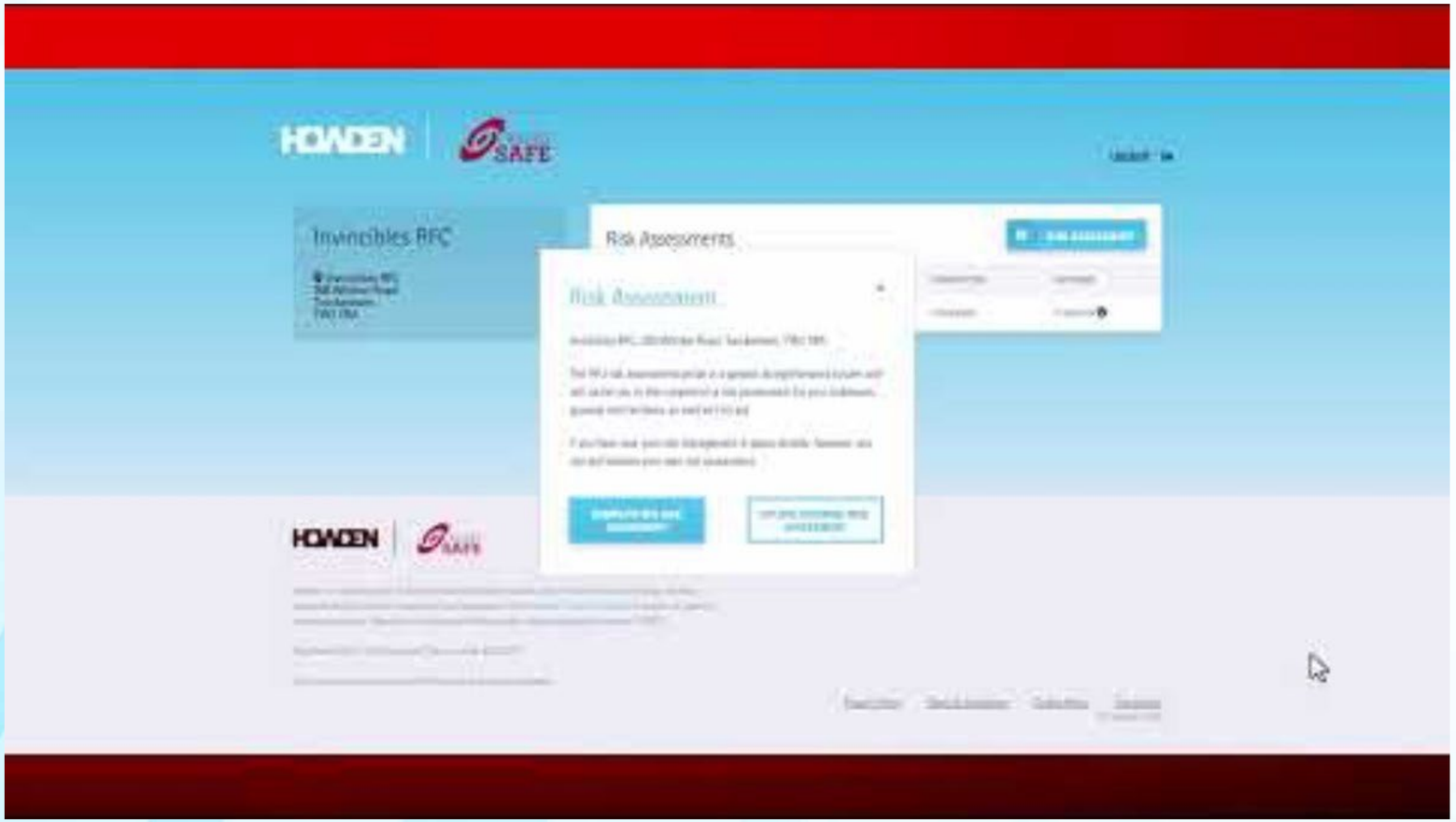
Clubs MUST have a first aid specific risk assessment as set out in RFU Regulation 9 (Player Safety).

- 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**.

RUGBY SAFE

ANNUAL FIRST AID RISK ASSESSMENT

The following video provides a step-by-step guide on how to access the risk assessment tool via GMS:



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

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.

RUGBY SAFE

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

	MINIMUM STANDARD		BEST PRACTICE
AGE GROUP	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.

RUGBY SAFE

CLUB RUGBYSAFE LEAD INTRODUCTION

RUGBY SAFE

England Rugby


THE ROLE OF A RUGBYSAFE LEAD
RugbySafe is the foundations of any club

CLUB RUGBYSAFE LEAD

- **New for this season – eLearning module for Club RugbySafe Leads to support you in your role. The module contains information and guidance key for you – if you are named as your club's RSL on GMS you will be sent the module directly.**

The Club RugbySafe role may look different depending on the structure of your club but should include leading/supporting on:

- RugbySafe Champion
- Monitoring of Club Player Welfare Data
- First Aid Risk Assessment
- First Aid Training and Equipment
- Medical Emergency Action Plan
- Injury Recording /Reporting

PLAYER WELFARE UPDATES - ER.COM

RUGBY SAFE

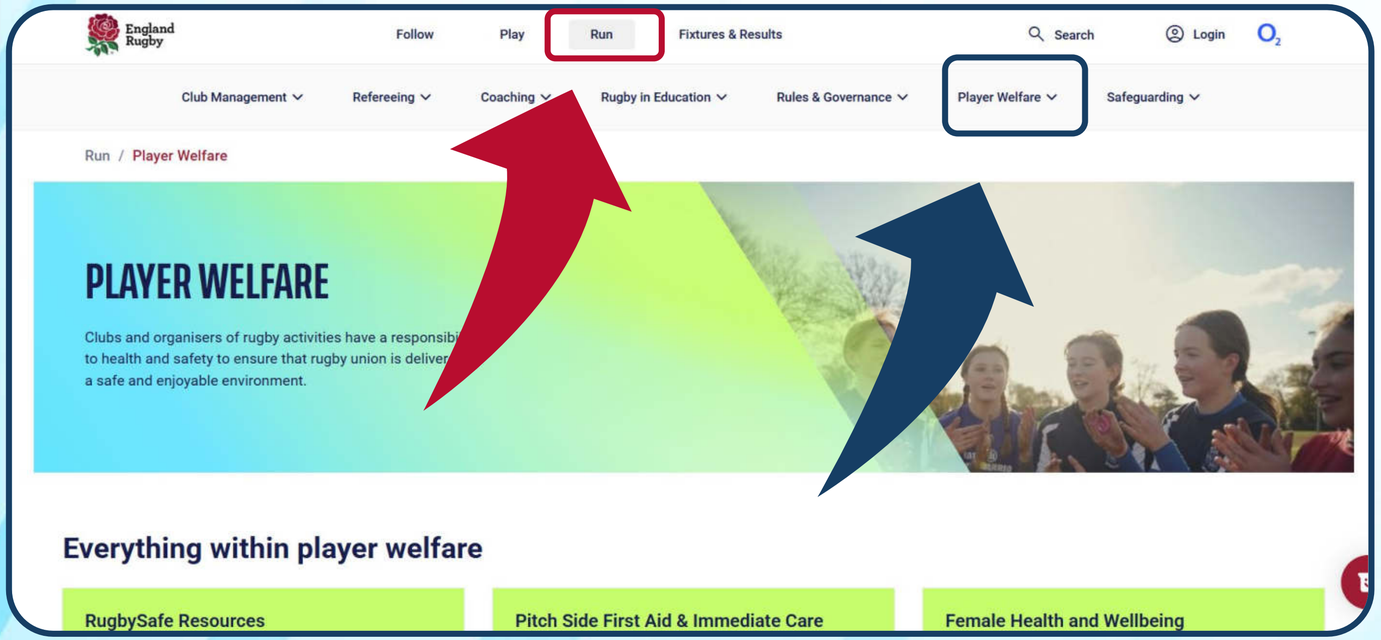
England Rugby

ER.COM - PLAYER WELFARE

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.

New look to the page featuring role specific sections for:

- Club RugbySafe Leads
- Clubs
- Pitch Side First Aiders
- Health Care Professionals



PLAYER WELFARE & RUGBYSAFE

RUGBY SAFE

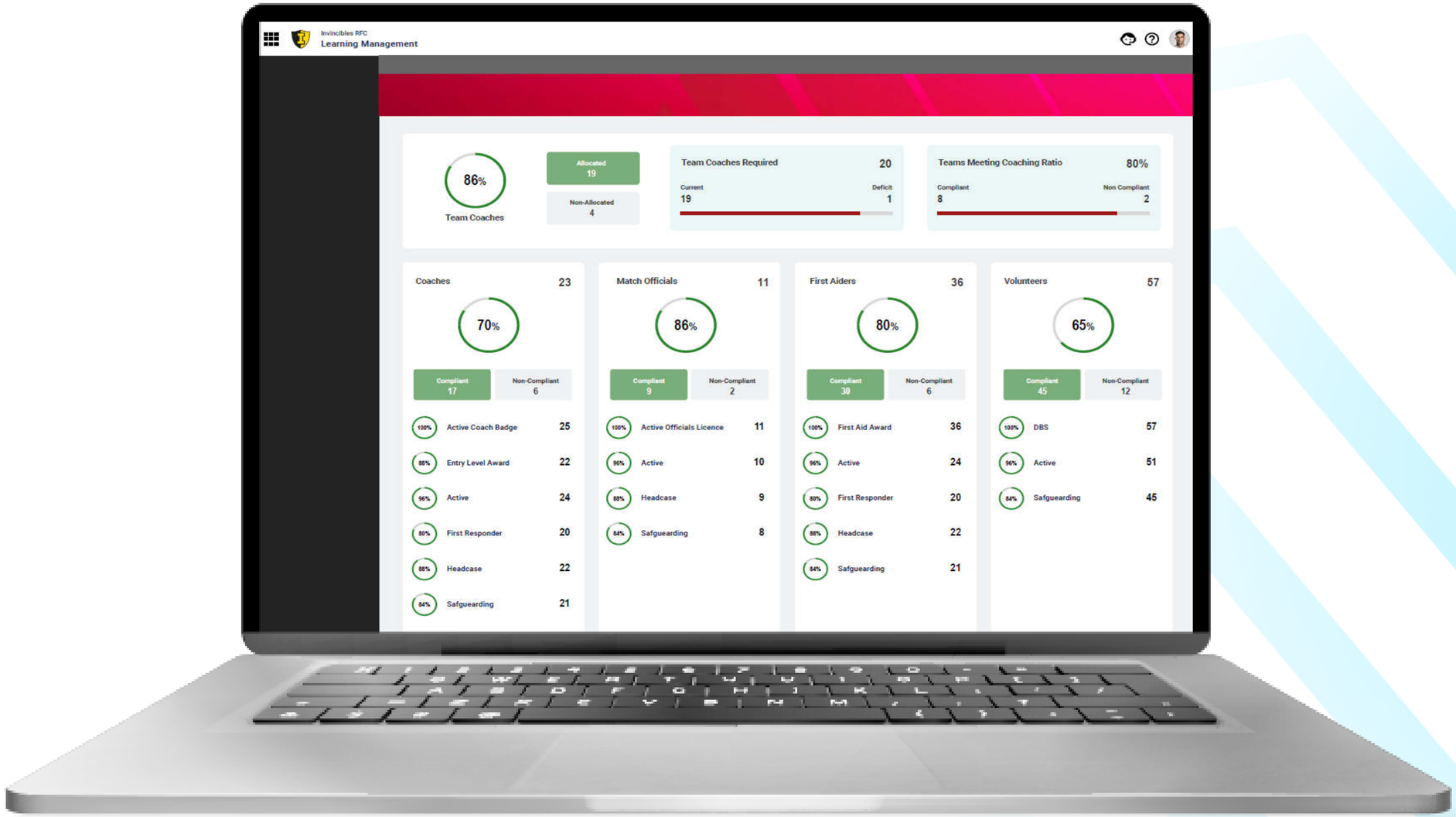
ENGLAND RUGBY LEARNING

RUGBY SAFE

England Rugby

REPORTING FOR ENGLAND RUGBY LEARNING

Desktop/ Mobile Optimised Browser



ACTIVE COACH & MATCH OFFICIAL BADGES

Player Welfare Section (20 credits each season)

- First Responder
- HEADCASE
- Activate
- Mental Health & Wellbeing
- Female Health

ACTIVE FIRST AIDER BADGE

- L3 First Aid Qualification declaration
- Four First Aider CPD modules

(20 credits each season)

- HEADCASE
- Activate
- Mental Health & Wellbeing
- Female Health



RUGBY SAFE

FIRST RESPONDER TRAINING

RUGBY SAFE

England Rugby

FIRST RESPONDER TRAINING

- Available to Coaches and match officials as part of the Player Welfare module options for the Active Coach/MO badge on England Rugby Learning.

- The course is not an equivalent to a full first aid qualification.

- The course content enables First Responders to:

- Recognise when something is wrong
- Respond quickly, appropriately, and confidently in an emergency
- Communicate effectively with first aiders and emergency services

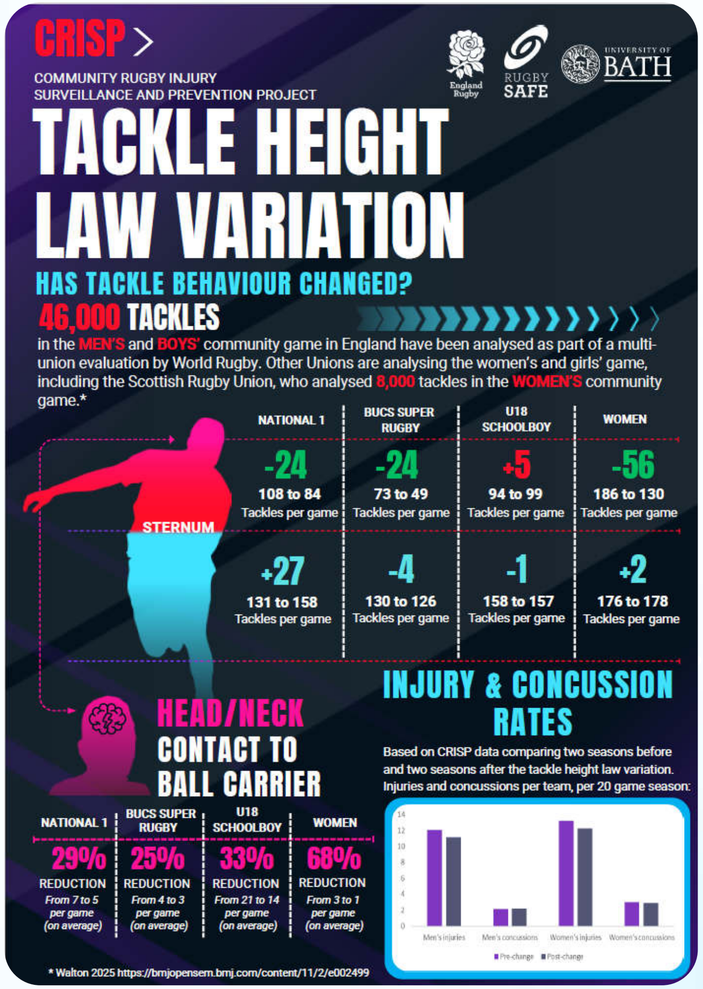
COMMUNITY RUGBY INJURY SURVEILLANCE & PREVENTION (CRISP) PROJECT

RUGBY SAFE

England Rugby

WHY DO WE RECORD INJURIES?

- Identify number of 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.



RUGBY SAFE

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 2026-27

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 2026-27

- **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.

RUGBY SAFE

FIRST AID TRAINING

RUGBY SAFE

England Rugby

FIRST AID TRAINING

- 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.
- Current First Aid guidance and training course process remains unchanged. The First Aid Training Provider map has been reviewed/updated.
- The four RFU CPD modules for qualified First Aiders will be available to them on England Rugby Learning as part of their Active First Aider badge.



FIRST AID TRAINING

To support clubs in making this transition, guidance is now available in the Club area of Player Welfare on ER.com. The guidance 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.



RUGBY SAFE

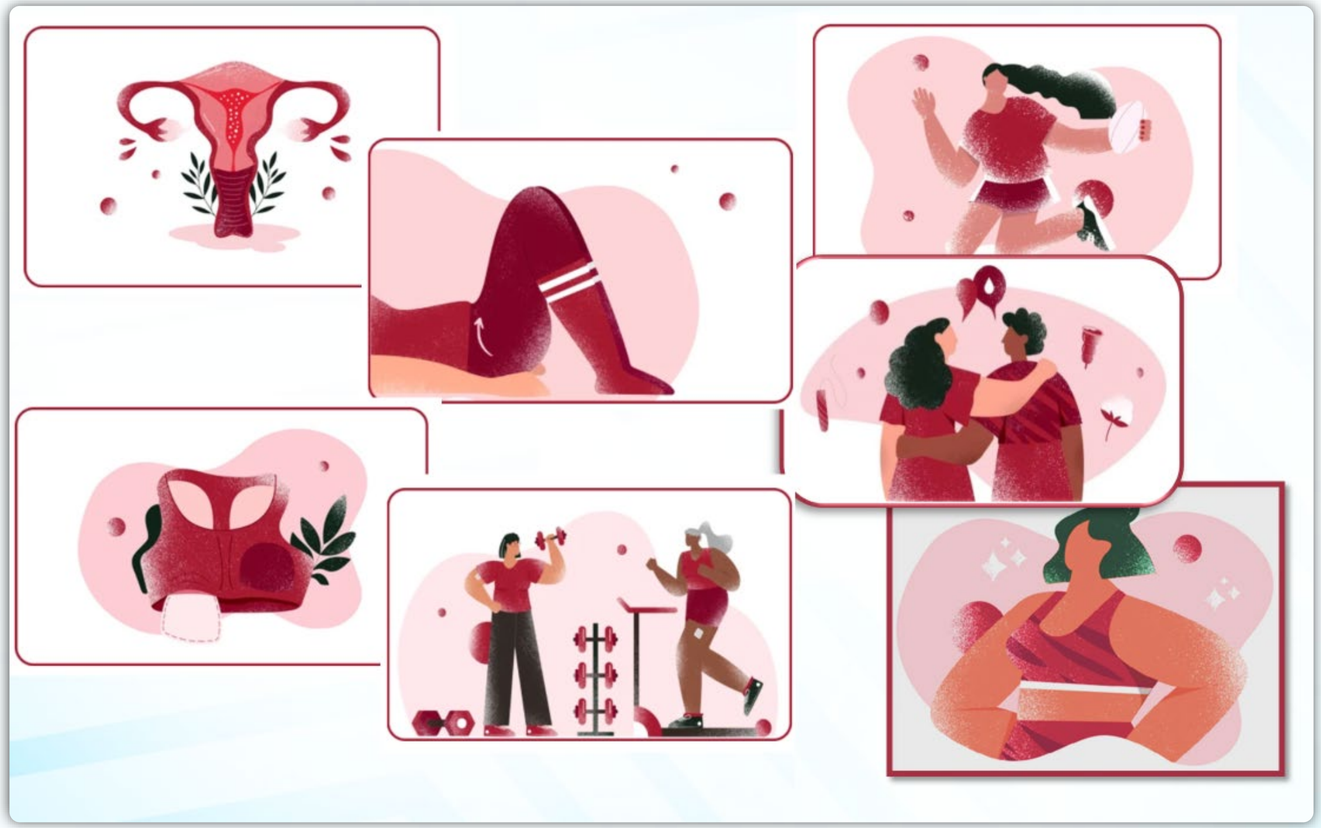
FEMALE HEALTH & WELLBEING

RUGBY SAFE

England Rugby

FEMALE HEALTH TOOLKITS

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



FEMALE HEALTH ELEARNING

Modules covering RFU female health topics are available to Coaches, Match Officials and First Aiders on England Rugby Learning.

Also, three open modules, available within the Female Health resources aimed at:

- Parents & Guardians of age grade players
- Age grade players
- Adult Rugby Athletes

Visit the Female Health webpage to access all the resources.

RUGBY SAFE

Your Stories - We Want To Hear From You!



We are looking for female rugby athletes, coaches and parents/guardians to share their experiences of female health and wellbeing in rugby!

HEADCASE - CONCUSSION AWARENESS

RUGBY SAFE

England Rugby

HEADCASE ELEARNING

Now available on England Rugby Learning eLearning for:

- **Coaches**
- **Match Officials**
- **First Aiders**

- **Teachers of Age Grade Players**
- **Age Grade Players (U13 upwards)**
- **Parents & Guardians of Age Grade Players**
- **Coaches of Adult Players**
- **Adult Players**

England Rugby Learning

RUGBY SAFE

GRADUATED RETURN TO ACTIVITY & SPORT (GRAS) PROGRAMME

STAGE 1: Initial Relative Rest

24 - 48 hours after concussion

→

STAGE 2: Return to Daily Activities & Light Physical Activities

Following **24 - 48** hours initial rest period (min 24 hours after concussion event)

→

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 4: Rugby-Specific Non-Contact Training Drills & Weight Resistance Training

No earlier than **Day 8**

→

STAGE 5: Full Contact Practice

No earlier than **Day 15**

→

STAGE 6: Return to Play

No earlier than **Day 21**

ONLY move to Stage 5 when SYMPTOM FREE AT REST from recent concussion for 14 days

ONLY move to Stage 6 when symptom free at rest for the 14 days and during pre-competition training (Stage 5)

REMEMBER!

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

RUGBY SAFE

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

RUGBY SAFE

PROACTIVE

RUGBY SAFE

England Rugby

PROACTIVE

The app helping rugby clubs report, manage and evidence safer rugby

England Rugby | RUGBY SAFE

SUPPORTING PLAYER WELFARE IN RUGBY UNION



SCAN ME

Demo Video

Proactive is the RFU RugbySafe reporting system that helps clubs record incidents, hazards, injuries and concussion follow-up in one secure place.

- **Report quickly** – Coaches and volunteers can submit incidents, hazards and concerns from their phone.
- **Act sooner** – Club admins can see what needs attention, add notes, and track actions through to completion.
- **Keep better records** – Reports are stored securely, helping clubs evidence their approach to player welfare, safety and risk management.
- **Includes RugbySafe HEADCASE Concussion Tracker** – Supporting clubs to manage the Graduated Return to Activity & Sport process after suspected concussion.

contact us : proactivereporting.com
hello@proactivereporting.com

PROACTIVE

The app helping rugby clubs report, manage and evidence safer rugby

England Rugby | RUGBY SAFE

SUPPORTING PLAYER WELFARE IN RUGBY UNION

Why use Proactive at your club?

Rugby clubs rely on volunteers, coaches and team managers to spot issues, report incidents and support player welfare. Proactive makes that easier by giving everyone a clear, consistent way to submit reports from pitch-side, the clubhouse or away fixtures.

With Proactive, clubs can:

- Record incidents, injuries, hazards and behaviour concerns quickly.
- Alert the right club admins when action may be needed.
- Track reports using a simple red, amber and green dashboard.
- Keep safer, more consistent records across age groups and teams.
- Support RugbySafe processes, including concussion tracking.
- Store useful club documents, emergency action plans and guidance in one place.

SCAN ME

Register Now

Who is it for?

- Coaches and volunteer submit reports from their phone.
- Club RugbySafe Leads and admins review reports, add notes and manage follow-up actions.
- County RugbySafe Leads can encourage consistent reporting across clubs.

contact us : proactivereporting.com
hello@proactivereporting.com

MENTAL WELLBEING - LOOSEHEADZ TRAINING

RUGBY SAFE

England Rugby

LooseHeadz
#TackleTheStigma

WELCOME FROM ENGLAND RUGBY

RUGBY SAFE


CONNECT.
WE'VE CREATED A VIRTUAL HUB WITH CAPGEMINI THAT BRINGS OUR GLOBAL COMMUNITY OF RUGBY CLUBS CLOSER THAN EVER BEFORE. THIS PLATFORM WILL SIMPLIFY CLUB SIGN-UPS AND PROVIDE EASIER ACCESS TO MENTAL HEALTH RESOURCES FOR OUR PARTNER CLUBS.


KODAK PORTRA 400
DELIVER.
WE'RE DEVELOPING A RUGBY-SPECIFIC MENTAL HEALTH TRAINING PROGRAMME, TAILORED TO THE NEEDS OF THE RUGBY COMMUNITY. DELIVERED BY RUGBY PEOPLE, USING RUGBY LANGUAGE; IT'S BUILT FOR THE RUGBY COMMUNITY, BY THE RUGBY COMMUNITY.

RUGBY SAFE



IAN WILSON, CHAIR M&J'S.

"LOOSEHEADZ IS NOW AN INTEGRAL PART OF OUR RUGBY COMMUNITY & THERE TO PROVIDE US WITH HELP, SUPPORT & ADVICE IN RECOGNISING THOSE WHO MIGHT BE STRUGGLING.

LOOSEHEADZ IS NOW A HOUSEHOLD NAME AT CHESTER & ALLOWS US TO PROMOTE IT TO THE WIDER RUGBY COMMUNITY."

RUGBY SAFE

SIGNPOSTING

The RugbySafe 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



RUGBY SAFE

RUGBYSAFE RESOURCES

NLD, via The Governance Team, fund a number of Proactive Licences each season and are working with Looseheads ,and others, to provide MH support across the CB.

Please contact Chris Earl, CBRSL on rugbysafe1@nldrfu.co.uk for details and links the Rugbysafe and Safeguarding WhatsApp groups for the CB

RUGBY SAFE

England Rugby

RUGBYSAFE CLUB

INFORMATION 26-27

THANK YOU

RUGBY SAFE

England Rugby