

*Higher Risk Activity*

## **Rugby**

### **Equipment**

- All equipment must comply with IRB Regulation 12.
- A fully stocked first aid kit must be readily accessible.
- A working communication device (e.g., cell phone) must be accessible.
- Determine that all equipment is safe for use.
- Regulation rugby balls.
- Full fit interior mouth guard is required.

### **Clothing/Footwear**

- Appropriate clothing and footwear must be worn.
- Cleats must be worn and must be consistent with laws of rugby.
- No jewelry.

### **Facilities**

- Goalposts must be padded if in field of play.
- Playing area must be inspected regularly, be free from debris and obstructions, and be well removed from traffic areas.
- The playing surface must provide suitable footing and proper traction.
- Holes and severely uneven surfaces must be brought to the attention of the coaches, convenor, athletes, and officials.
- Notify appropriate school officials.
- Use collapsible flags or soft pylons to mark corners, mid-line and 22m (66') line, or flags off the sidelines.

### **Special Rules/Instructions**

- Skills must be taught in proper progression.
- Games must be based on skills that are taught.
- Parents/guardians must be made aware of any off campus activity and the means of transportation used.
- Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, orthopaedic device) may affect participation (see Generic Section).
- A student athlete's fitness level must be commensurate with the level of competition.
- Tackling skill progressions must be taught and practiced prior to competition.
- Scrum skill progressions must be experienced prior to competition.
- Line-out lifting skill progressions must be taught and practiced prior to competition.
- Adequate liquid replacement must be accessible.
- Training must include flexibility, strength and cardiovascular-enhancing activities.

## Rugby

Players must be physically prepared for contact.

Prior to the first league game, 8 days of practices must have occurred.

Athletes must be made aware of ways to protect themselves from:

- UV rays (e.g., use of sunscreen)
- insects (e.g., repellent)

No eye or sport glasses are permitted.

Before involving athletes in outdoor activity, teachers must take into consideration:

- temperature
- previous training
- length of time athletes will be vigorously active

Athletes must receive instruction on safety procedures related to severe weather conditions (lightning, funnel clouds, severe winds, tornadoes [see Lightning Appendix]).

Any exposed orthopaedic apparatus (e.g., knee brace) that presents a safety concern to other players must be soft or padded. Such devices must be approved by the official prior to the commencement of the game.

Interschool competitions must follow the regulations and rules of the local governing body (e.g. athletic association, OFSAA) and/or Provincial Sport Organization for the activity.

Link to the Provincial Sport Organization for this activity is: <http://rugbyontario.com>

## Supervision

Constant visual supervision during initial instruction and practice of contact skills.

Subsequently, on-site supervision is required.

Head coach must demonstrate knowledge of game, skills and strategies to principal or designate.

Coaching expertise for the head coach derived from at least one of the following:

- NCCP Competition Introduction – Part A or NCCP Level One Technical in Rugby if the latter is supported by the sport governing body
- attendance at a rugby clinic or workshop within the last three years
- past experience as a player or coach in that sport in the past 10 years

An individual who takes responsibility for providing first aid to injured athletes must be present during the entire practice/competition.

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Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.