



### ***Rugby Ready***

For the purposes of the workshop, the information has been grouped into three major areas of interest: **injury prevention, specific technical aspects of the game, and injury management.** Each of these major areas includes several sections of the *Rugby Ready* handbook:

- **Injury Prevention**
  - Pre-participation
  - Equipment, environment and emergency plan
  - Warm-up and cool-down
  - Physical conditioning
  - Lifestyle
  - Stability and posture
- **Technical Aspects of the Game**
  - Tackle
  - Taking the ball into contact
  - Scrum
  - Line-out
  - Maul
  - Ruck
- **Injury Management**
  - On-field injury management
  - Emergency plan

### ***Rugby Ready Workshop***

#### **Workshop aims**

To ensure greater awareness of all aspects of safety in the game through the provision of a common source of information and advice, for all levels and types of participation in the game.

#### **Workshop objectives**

- to identify key areas of knowledge and safe practice in the game
- to compare current knowledge and practice with the minimum standard expected by the International Rugby Board
- to discuss ways of improving current practices in the game in order to ensure a safer game for all participants

#### **Learning outcomes**

Learners are expected to be able to describe and illustrate principles of safe practice as they relate to and may be applied in playing, coaching, refereeing and any other aspect of administration or supervision of the game.