

Safeguarding Officer Injury Prevention

Safeguarding our Players

"I was recently asked by a parent what they could do to help prevent injury and illness during the rugby season. I decided to jot down some sensible tips for Parents Children and Coaches to help address this question"

COACHES

- Schedule in plenty of time for warm ups
- Schedule in time for players returning after injury to strap or gently stretch recovering muscles
- Allocate someone to refill and **WASH** water bottles at every session
- Make sure the boys get plenty of water throughout the training and game
- Schedule in time for the boys to cool down routinely after training or a game
- Make sure the boys/girls stretch out after a session
- Train and retrain players periodically in how to fall properly so it becomes second nature
- Play a proactive part in educating the boys/girls on keeping fit and healthy

What will this achieve? It will help to prevent soft tissue injury, incidents of cramp and allow the boys/girls bodies to respond according to their physical capability.

PARENTS

Parents try and start educating your children on the importance of the following to help them to enjoy the season and learn the life long lessons of good health

- Arrive on time for session to ensure boys/girls have time to warm up stretch out and receive briefings from the coaches
- Encourage complex carbohydrate as a natural inclusion in their daily diets. This will provide good energy stores to last the duration of the match or training good examples of these foods are; wholegrain foods, pasta, cereals, rice, nuts potatoes, oats, bananas
- Good daily intake of fruit and vegetables will help prevent colds and flu through the winter season and provide natural fibre and sugar sources
- Eat breakfast before training or a game. Not too heavy and not rich in fat. Cereals eg Weetabix, Shreddies, with fresh orange juice are good
- Make sure they drink regularly. Give them a drink at each meal and one in between as a good base
- Make sure they have plenty of warm clothes available to keep warm on the touch line if they are not playing
- Make sure they bring sandwiches, cereal bar, fruit and plenty of water to drink if they are going to be at festivals all day. Burgers are a nice treat after the game but a too fatty to have between games.
- Support the coaches in any way you can to help the boys/girls enjoy their rugby a little help by many goes a long way
- Playing an active part in the rugby club whether it be on the side line, helping with teas and coffees washing the kit or washing water bottles, teaches our children that we are interested in their sport and how we all need to do our bit to enable them to be able to enjoy the facilities.

What will this achieve? It will help to prevent soft tissue injury, incidents of cramp and allow the boys/girls bodies to respond according to their physical capability better. It will help to provide a healthy immune system in the children and so help them fight off illness. In some cases children may find it easier to concentrate and respond as a result balancing their diet and not allowing their energy stores to deplete before training or a game.

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PLAYERS

Please take time to answer the 4 questions below

- Do you want to try and reduce the risk of injury this season?
- Do you want to reduce the risk of colds and flu?
- Do you want feel better before and after a rugby session/game?
- Do you want to be able perform to the best of your ability in your matches for yourself, your team and your club?

If you answer YES to any of the 4 questions above then read on

DO's

- **Do** warm up and stretch out before a training or a game make sure if you have a troublesome muscle or injury that you concentrate on preparing it well for exercise
- **Do** make sure you include complex carbohydrates in your daily diet eg wholegrain foods, pasta, cereals, rice, nuts potatoes, oats, bananas This will provide you with good energy sources to sustain you throughout training or a game
- **Do** drink regularly to ensure properly hydrated at all times 1 drink (preferably not alcohol) at each meal and 1 in between will give you a good base to work from
- **Do** drink plenty of water on the day before and during training or a match
- **Do** keep warm if you are on the side lines. Cold muscles damage quickly and easily
- **Do** practice falling properly
- **Do** cross train in addition to your rugby training sessions
 - rowing <http://www.concept2.co.uk/training/rugby.php>
 - swimming
 - Cycling
 - Pilates

These are all great low impact sports that can strengthen the right muscles, core body strength and/or stamina in rugby players

Don'ts

Don't try new energy products on the day of a game

Don't eat fatty foods just before a game they will inhibit your bodies ability to source your energy stores

Don't drink heavily before a match as it will seriously affect your performance, co-ordination and recovery and make you more susceptible to injury.

For tips on drinking for sportspersons go to:

<http://www.ask.net.au/downloads/Alcohol.pdf>

Don't smoke - Smoking seriously affects your oxygen intake and hinders endurance and performance of your game for more information on how smoking inhibits your health and wealth go to:

<http://www.gosmokefree.co.uk/>

If you love your rugby then take care of your body nobody else will!

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Injury Prevention



The basic problem here seems to be one of
teamwork and coordination.

Lets have a great season everyone at all levels.

Jo Lawrence
Safeguarding Officer
Effingham Rugby Club

NB Please be aware that this is a generic advice sheet and some suggestions may not apply to your age group