



St. Brendan's Old Boys' R.F.C.

Members of the Bristol Rugby Combination
Affiliated to the R.F.U. S.C.R.F.U



SBOB Health and Safety

The objective of playing rugby is to have fun, and that means being warm, safe and properly kitted out. Set out below are some key points regarding safety:

Gumshields / Mouthguards

The Club insists that all players at U9 and above (i.e. in contact rugby) wear mouthguards/gumshields for training and matches. The Club strongly recommends that players at U8 and below (i.e. tag rugby) wear mouthguards/gumshields for training and matches.

Boots and Studs

Worn, chipped studs and jagged edges can cause serious injury to players. Boots must be examined regularly and missing studs replaced. Note that a boot with a missing stud at the front (i.e. leaving a single stud at the front) is not acceptable.

The RFU statement on studs is:

<p>Players must always: Check that their studs are safe to play in Reject any boots that have sharp edges or burring etc. Ask their retailer for confirmation that the manufacturer complies with IRB Specifications The final responsibility is with the players to ensure that they play in safe boots.</p>
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Please note that football studs are not suitable for rugby. Rugby studs can be purchased at most sports shops for around £3 for a set.

Blades

The Club strongly discourages the wearing of "blades" and advises parents not to purchase them. Please note that, on the grounds of safety, any referee may refuse to allow a player wearing blades to participate in a match – some referees consider all blades to be dangerous.



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Protective Gear

Some players chose to wear head protectors, or body armour or shin protectors (not football shinpads, as these are hard and can be sharp). As long as these meet IRB guidelines, then players may do so.

Jewellery

Please don't wear jewellery of any kind to rugby. If you do, please don't ask a coach to look after it for you – he/she already has enough to do! "Medic Alert" bracelets and chains must be removed during training and matches.

Severe Weather

If players are not prepared for bad weather then they will not enjoy their rugby; they may also get injured (cold muscles are more susceptible to injury) and may be put off the game. Players must come with adequate equipment to cope with the likely weather conditions. This includes hats, mitts, waterproof top and tracksuit bottoms. All clothing must be "rugby friendly" - nothing sharp – e.g. no zips or buckles.

Tetanus Injection

All players should be up to date with tetanus injections.

Concussion

In the (very rare) event that concussion is sustained, then all Club players - irrespective of age – must leave the field of play and have a compulsory 21 days off rugby.