

Rugby union



The planning considerations that are common to all curriculum activities can be found in the [CARA generic template](#). These must be considered as well as the activity-specific considerations outlined below.

Activity scope

This guideline relates to student participation in rugby union as a curriculum activity, including skills development, training and competitions.

Mandatory requirements

Mandatory requirements must be met for the activity to be conducted.

- Refer to [Rugby AU](#) for guidelines.
- Where the rules and procedures of a rugby union competition impose additional or more stringent safety requirements than are listed, then those competition rules and procedures must take precedence.
- [Approved modified forms](#) of the game must be used for younger age-groups (determined by the qualified coach) due to the nature of rugby union making it unsuitable for very young students.
- Students must wear a mouthguard when participating in rugby union. The Department strongly recommends that students wear custom-fitted mouthguards. Schools are required to provide information about the different types of mouthguards to parents/carers to assist them make an informed choice for the student, for example, see the [Sport Medicine Australia - Dental Injuries](#) and the [Australian Dental Association](#) recommendations.
- Obtain parent/carer consent as part of the medical questionnaire/declaration required for participation in rugby union. The medical questionnaire/declaration must include the following statement:

I understand that mouth protection is mandatory in this sport. I have read the information provided to me about mouth protection and accept responsibility for the type of mouth protection I/my child will wear whilst playing this sport.

(Note: Students with a medical condition that may impact on their safety during participation in this activity must be cleared by a medical practitioner to participate in the activity).
- Establish and implement procedures for emergencies such as injury (e.g. [head injuries](#)) and first aid, resuscitation, communication, emergency service contact details and supervision/safety detail of students that are appropriate to the activity, location and conditions.
- Induct students on emergency procedures, safety procedures and correct technique (e.g. tackling).
- Follow the school's [sun safety strategy](#).
- Refer to the [School Excursions and International School Study Tours](#) for mandatory travel requirements that may be associated with this activity when playing off site.

Risk level

Medium risk: Teaching of [approved modified forms](#) of rugby union or skills development where there is no risk of oppositional contact.

High risk: Teaching of rugby union skills, training and competitions.

Supervision requirements

- Provide sufficient adult supervision to manage the activity safely (including emergency situations). Consider age, size, ability and maturity of students in this decision. Principals make decisions about the supervision requirements.
- Ensure supervisors are visible and easily identified and that all students are in sight of at least one adult at all times.

- During competition, a qualified first aid officer with cardio pulmonary resuscitation (CPR)/sports trainer should be readily accessible to the field(s) of play to provide immediate first aid assistance. There must be phone access to call an ambulance if required.
- Competition games must be controlled by competent coaches and officials. A referee who is currently a student of a participating school should not be appointed to referee an unmodified game.

Qualifications for supervisors

All risk levels

All coaches and referees must have successfully completed the [Smart Rugby](#) safety course provided through [Queensland Rugby](#).

Medium risk level

- A registered teacher, or adult supervisor working under the direct supervision of a registered teacher, with successful completion of the [Coaching Kids Rugby](#) course or [Foundation Course](#) provided by [Queensland Rugby](#).

High risk level

- A registered teacher, or adult supervisor working under the direct supervision of a registered teacher, with [Level 1 Coach Accreditation](#) through [Queensland Rugby](#).
- A referee with accreditation as a [Level 1 Referee](#) through Queensland Rugby working under the direct supervision of a registered teacher.

Requirements for facilities and equipment

- Readily available first aid equipment and consumable items (e.g. heat pack, ice pack) appropriate to the location and level of risk.
- Wear personal protective equipment (including footwear) appropriate to the playing surface and type of activity. It is recommended students wear body padding and headgear for full contact games appropriate to the age of participants. Shoulder pads must be World Rugby approved.
- Clearly define playing area and establish a safety/spectator zone.
- Ensure there is padding on all goal posts.
- Corner flags and other markers made of non-injurious material.

Hazards and controls

Before the activity

Hazards	Control measures
Considering environmental conditions	Assess weather (Bureau of Meteorology) and environmental conditions.
Accessing facilities and using equipment	<ul style="list-style-type: none"> • Check all equipment for damage before and during use. • Ensure the safety zone is in place. If the minimum safety zone cannot be met, provide instructions to the officials/supervisors and students about the limited clearance zone and the steps they could take to ensure safety, including the following: <ul style="list-style-type: none"> - reduce the size of the playing field to achieve an adequate clearance zone; - remove spectators/dangerous obstacles within the clearance zone; - station supervisors near any obstacles within the clearance zone; - pad any obstacles located within the clearance zone. • Inspect boots before each match. Loose, sharp-edged or excessively worn studs and sharp-edged soles must not be worn.
Managing student considerations	<ul style="list-style-type: none"> • Ensure a player does not participate in an age grade competition more than two years above their age as at 1 January in the year which the competition is run. Refer to Rugby AU (ARU) for exemptions. • If one or more students are wearing footwear, ensure all students have footwear. • Select students for on field positions on the basis of ability, size and suitability.

During the activity

Considering environmental conditions	<ul style="list-style-type: none"> • Cease the activity if the weather is unfavourable (e.g. extreme temperatures, thunderstorms).
Accessing facilities and using equipment	<ul style="list-style-type: none"> • Continually monitor and enforce the correct use of all equipment.
Managing student considerations	<ul style="list-style-type: none"> • Monitor students for signs of fatigue and illness. • Uphold the rules regarding physical contact to prevent rough play. • Ensure students do not return to play after injury until it is clear that the injury has been managed according to established procedures. If there is any doubt, the student should not play until medically cleared. • Ensure drink breaks occur regularly (i.e. drink breaks are recommended every 30 minutes in conditions of extreme temperature) and drinks are available for individual players between drink breaks. • Remove accessories (e.g. jewellery) before participating. • Ensure fingernails, hair and clothing do not interfere with the activity.

After the activity

Accessing facilities and using equipment	<ul style="list-style-type: none"> • Clean and store all equipment safely and securely when not in use.
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Additional links

- [Queensland School Sport Unit](#)
- [Sports Medicine Australia Injury Fact Sheets](#)
- [Sports Medicine Australia Hot Weather Guideline](#)
- [Player Welfare- Concussions](#)
- [Australian Dental Association](#)

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