INTERNATIONAL RUGBY BOARD RUGBY READY PROGRAMME 2008 - 2009

"We all have a collective responsibility to manage the welfare of the growing number of men, women and children playing Rugby around the world, and to ensure that the game continues to be played with a sense of fair play which is central to its global appeal and core values".

The workshop is aimed at all those who are involved in the well being of rugby players no matter what their age or experience

The workshop will cover 3 major areas of interest

- Injury prevention
- Specific technical aspects of the game
- Injury management
- Injury Prevention

It is expected that all participants will have a greater understanding and 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.

The area of player safety and well being is vital for not only the growth of the game nationally but also locally. As from 1st September 2008 anyone who applies for an RFU Level 1 coaching award must have completed the IRB on line Rugby Ready assessment test and it is hoped that from September 2009 the 3 hour workshop will become a mandatory induction for all coaches accessing RFU Level 1 awards

COURSE NO.	DATE AND TIME	COURSE AND COST	VENUE
1.	*3RD September 2008. 6.30pm – 9.00pm*	*IRB Rugby Ready £15*	*Coach Lane Campus, Northumbria University*
2.	*14th January 2009.. 6.30pm – 9.00pm*	*IRB Rugby Ready £15*	*Alnwick RFC*
3.	*22nd April 2009.. 6.30pm – 9.00pm*	*IRB Rugby Ready £15*	*Tynedale RFC*
4.	*21st May 2009.. 6.30pm – 9.00pm*	*IRB Rugby Ready £15*	*Coach Lane Campus, Northumbria University*
5.	*26th August 2009.. 6.30pm – 9.00pm*	*IRB Rugby Ready £15*	*Percy Park RFC*

Please contact Alan Moses or your club coaching coordinator for an application form.

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Download a form from http://clubs.rfu.com/clubs/portals/northumberlandrugbyunioncb/coachinghome9600.aspx

COMMUNITY RUGBY ®