

Ref:MEV/Rugby



Monday 30<sup>th</sup> January 2017

To Parent/Carer

As you may be aware, there has been a lot of information in the press about head injuries for participants playing rugby. All male students will be participating in a rugby module in their PE lessons after the February half term holiday.

To minimise the risk of head injuries, the PE department at Torpoint Community College takes the following preventative measures:

- Ensuring the playing or training area is safe. This includes checking the ground conditions are conducive to land on, ie not frozen or hard from lack of rain as well as ensuring all posts are protected with appropriate padding.
- Ensuring the correct tackle technique is performed consistently. This is revised at the start of every lesson.
- Ensuring all rules on tackles are followed in practices and end of lesson matches.

Despite following all the preventative measures we can as a college, we are aware that accidents can happen due to the very physical nature of rugby. Because of this, protective equipment is recommended by the PE department.

The current Rugby Football Union (RFU) guidance, strongly recommends the following personal protective equipment (PPE) is:

- Correct footwear (studded – football/rugby boots)
- Gumshield

However, there are also head guards available to young people which students at Torpoint Community College are allowed to wear should they wish to. The RFU states about protective equipment:

“Rugby head guards DO NOT protect against concussion. They do protect against superficial injuries to the head such as cuts and grazes. This has been demonstrated in a number of research studies now. There is some evidence to suggest that they may increase risk taking behaviours in some players.”

“Mouth guard/gum shields do not protect against concussion either although they are strongly recommended in all players as they do protect against dental and facial injuries”

[http://www.englandrugby.com/mm/Document/MyRugby/Headcase/01/30/48/91/playerandparentgeneralinfo\\_Neutral.pdf](http://www.englandrugby.com/mm/Document/MyRugby/Headcase/01/30/48/91/playerandparentgeneralinfo_Neutral.pdf)

Examples of these head guards can be found at:

Barrigtonsports.com  
Newitts.com  
Sportwarehouse.co.uk

Torpoint Community College  
Trevol Road  
Torpoint  
Cornwall, PL11 2NH

tel: 01752 812 511  
fax: 01752 815 014  
email: [enquiries@torpoint.cornwall.sch.uk](mailto:enquiries@torpoint.cornwall.sch.uk)  
web: [www.torpoint.cornwall.sch.uk](http://www.torpoint.cornwall.sch.uk)

There are also information flyers with Sue Charman in main reception that explains the type of physicality that can be expected at each age group in line with the new RFU guidelines of “Age-Grade” Rugby

If you have any questions or worries, please feel free to contact me on the college phone number.

Kind regards

Matt Evans  
Curriculum Leader of Learning: PE