

SUISSE
RUGBY

— FSR —

PLAYER WELFARE

Putting players first

Introduction



Player Welfare
Putting players first

Player welfare and safety is the number one priority of World Rugby and of the Swiss Rugby Union (FSR)



World Rugby is driving player welfare. Our sport's protocols, laws, and educational programmes – centred on evidence-based research and supported by independent experts - are driving the agenda in sport and assisting players worldwide.



With increasing participation, fan and commercial growth worldwide and in Switzerland, World Rugby and the Swiss Rugby Union are committed to ensuring that the best possible practices and strategies are implemented to support and protect players at all levels of the game.

The Values of Rugby

- Discipline
- Respect
- Integrity
- Passion
- Solidarity

- We believe rugby has a role to play in keeping people active, healthy and engaged.
- It is crucial that we remember other non-physical positive benefits of rugby for all ages, including increasing confidence, self-esteem, self-discipline and building character, as well as the physical benefits of engaging in enjoyable exercise whilst working as part of a team.
- We believe that the character and health benefits of playing the sport far outweigh the risk of injury.
- Through collaboration with World Rugby and with the foremost experts in the field, we use evidence-based research to implement best-practices at all levels of the game and produce technical welfare guidance documents so that everyone involved can have the skills to ensure safe enjoyment of the game.

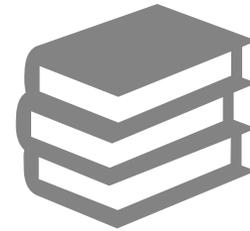
With the help of its expert medical commission and the research and recommendations by World Rugby, the FSR has developed an extensive set of measures and recommendations centered on player welfare, which will be available to its clubs. These are being deployed over the course of several seasons, in the following areas:



Prevention



Intervention



Education

FSR Medical Commission



Richard Charles

President
10 years experience as
manager of the
FIFA Medical Commission



Dr. Stephane De Jesus

Head of Service de Medecine
de Sport de Haut Niveau,
Albertville.
Team Doctor, French Ski
Federation



Dr. Mathieu Saubade

Chef de Clinique
Sport Medicine Center
CHUV, Lausanne



Dr. John Duff

Specialist in Neurology
and Spinal Neurosurgery
CHUV Lausanne



Dr. Michele Catarinella

Assistenzarzt – Doctoral intern
International Rugby Referee



Dr. Urs Grossenbacher

Specialist in Physical
Medicine and Rehabilitation



Dr. Nicolas Kirchner

Internal Medicine
Emergency Medicine



Gregory Tellier

Specialist in Osteopathy
and Kinesiotherapy;
Physio of Swiss Men's
National Team



Alliocha Delaunay

Physiotherapist,
Swiss Olympic Recognized
Physio of Swiss Men's
National Team



Marc Alagnoux

Physiotherapist, Osteopath
Physio of Swiss Men's
National Team



Vladislav Kott

Physiotherapist
Head Physio and Osteopath,
Med Athletics

Prevention

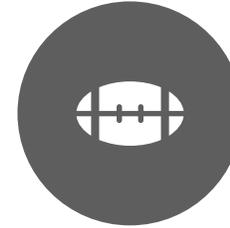
Methodologies & Resources



FIT TO PLAY



WR "ACTIVATE"
PROGRAMME



PLAYER SAFETY IN THE
TACKLE (WR "TACKLE READY"
PROGRAMME)



QUESTIONNAIRE FOR
CARDIAC SCREENING



SCRUM SAFETY



COMPETITION
RECOMMENDATIONS

Prevention

Priorities Identified by the Medical Commission to be implemented next



FIT TO PLAY

- It is the opinion of the Medical Commission that it is not the responsibility of the clubs or the Federation to certify a player who is medically fit. Each Player (or their parents) have to ensure he/she is healthy and fit to play.

- It is a recommendation to the player (prospective or current) that:

If you have any prior or current medical condition we recommend a discussion with your medical doctor to see if you require any further medical evaluation

- The player also has the right to abstain from playing games if they are unfit to play and the clubs have to respect this decision

That said, the FSR and World Rugby provide the clubs and the players a number of tools & resources to help the players ensure that they are Fit to Play, both from a health standpoint and from a training / fitness / skills standpoint.

The Warm-up, Training, Conditioning, Activate, Tackle Ready programmes as well as medical recommendations and resources are all part of this.

WORLD RUGBY CARDIAC SCREENING QUESTIONNAIRE



- The Lausanne Cardiac Screening Recommendations state that 40% of Sudden Cardiac Arrest (SCA) occur in athletes under 18

- Therefore, it is proposed that cardiac screening would be recommended for U18 players for the 2020/2021 Season

- It would be the responsibility of the parent/guardian to complete the questionnaire and sign a Cardiac Questionnaire Disclaimer since they are legally responsible for the U18 player.

- This questionnaire would be recommended to be completed every two years until the player becomes eighteen years old

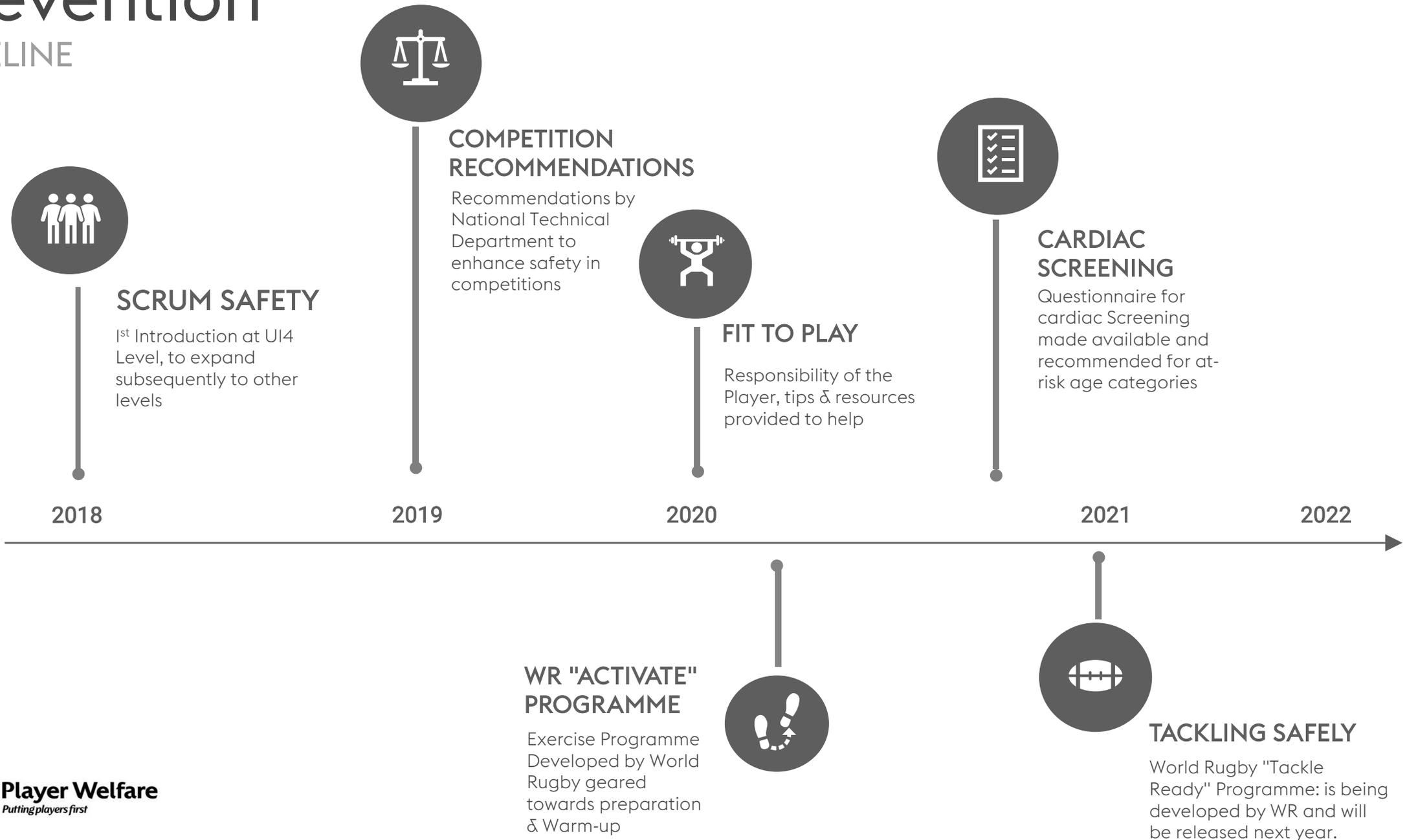
- The World Rugby Questionnaire has been devised to aid in identification of young players who engage in competitive rugby but could be at risk of suffering from a serious cardiac arrest

- It is acknowledged that this is not a common occurrence and it is recognized that cardiac screening programmes remain controversial. However, the World Rugby Cardiac Screening Questionnaire is a method of trying to address undetected cardiac abnormalities

- World Rugby recommends cardiac screening for young players and it is the opinion that this initiative would be an active step in a preventative strategy regarding the player welfare of our younger players: <https://playerwelfare.worldrugby.org/?subsection=37>

Prevention

TIMELINE



Intervention

Methodologies & Resources



EMERGENCY
PROTOCOL FOR CLUBS



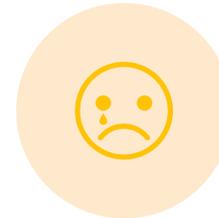
AED & CLUB
EMERGENCY
EQUIPMENT



PRESENCE OF
QUALIFIED MEDICAL
STAFF OR 1ST AIDERS



IDENTIFICATION, TREATMENT, REPORTING,
AND FOLLOW-UP OF CONCUSSIONS &
SERIOUS INJURIES



MINDSET: MENTAL
HEALTH RESOURCES
FOR PLAYERS

Intervention

Priorities Identified by the Medical Commission to be implemented next



EMERGENCY PROTOCOL FOR CLUBS

- It is acknowledged that it is difficult to allocate qualified medical personnel at matches. Therefore, it is essential that an Emergency Medical Protocol be established at clubs should an medical emergency arise
- It is recommended that clubs make the necessary arrangements in order to facilitate an urgent request for an ambulance and should take into account the following factors
 - Telephone number to call emergency services to request an ambulance which is in the closest vicinity of the ground
 - Distance of emergency services from the ground and required response time
 - Quickest access (roads/gates) to the ground
- It is recommended that all clubs summarise this information on an Emergency Medical Assistance Card which can be distributed to the appropriate members at the club and will provide a reference to all the important information that is required should an ambulance be required in a medical emergency



AED AND OTHER EMERGENCY EQUIPMENT

- It is important for clubs to identify if there is a functioning AED (Automatic External Defibrillator) in the vicinity of the ground/stadium where the match or training sessions take place and that there are qualified first aiders available who have been trained to use them (Including all those who have taken the FSR / WR Medical Course Level I)
- Recommendations state that defibrillation should occur within three minutes of cardiac arrest. So ideally, AEDs need to be close to the playing areas and easily accessible when needed
- By commencing cardiopulmonary resuscitation (CPR) with attempts to restart the heart (with an AED) can improve survival for out of hospital cardiac arrest from 8% to 60% (Resuscitation Council UK statistics).
- A list of recommendations will be prepared of other Emergency equipment besides an AED

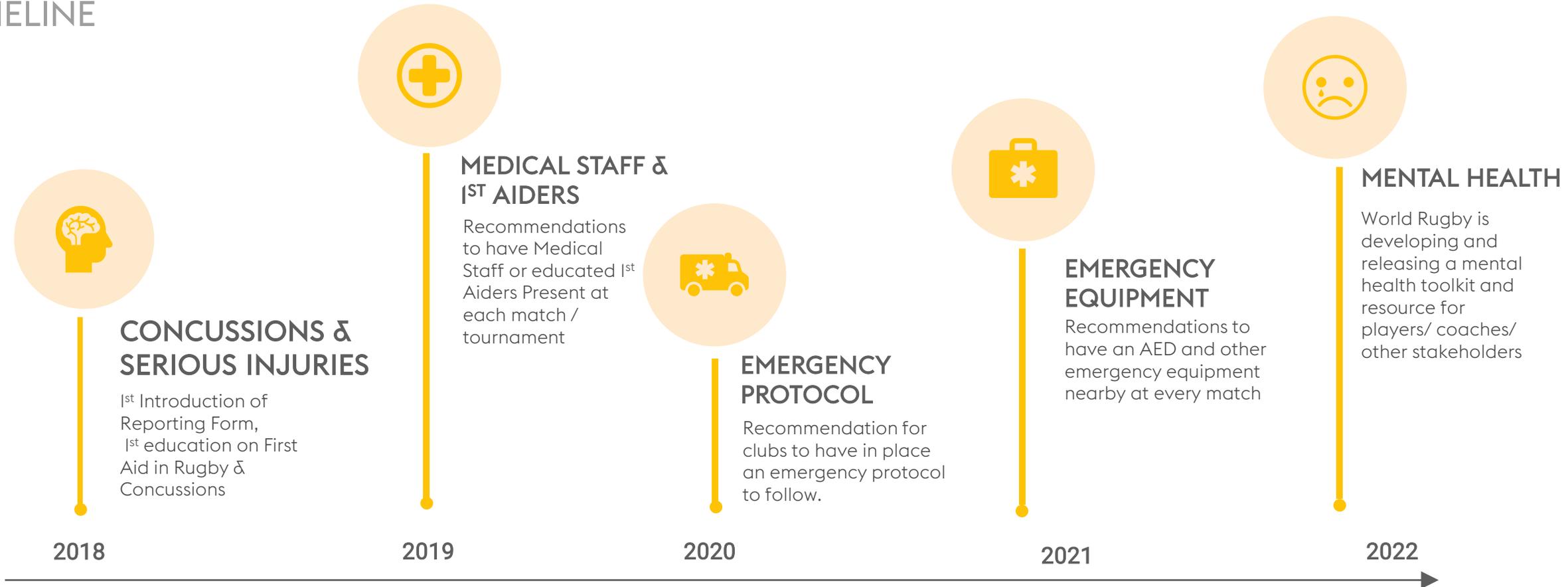


IDENTIFICATION, TREATMENT, REPORTING, AND FOLLOW-UP OF CONCUSSIONS & SERIOUS INJURIES

- All those having followed the FSR / WR Medical Course Level I have learned how to identify and provide first treatment for concussions and other serious injuries, and how to follow up on concussions with their players..
- It was reported that there has been a very poor response from the clubs to report concussion and serious injuries since it was initiated at the beginning of season 2019/2020 (two reports received).
- It has been recommended that a simplified FSR Injury Report Form be introduced in season 2020/2021 which would be completed and included in the Match Report
- It is by providing the injury statistics following matches that it will assist the FSR to identify any specific injury trends and provide the opportunity to introduce preventative strategies through player preparation as well as strength and conditioning programmes which may apply to specific positions

Intervention

TIMELINE

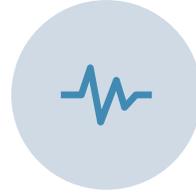


Education

Methodologies & Resources



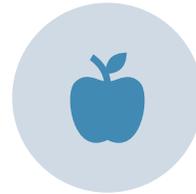
SPECIALIZED
MEDICAL
EDUCATION: FIRST
AID IN RUGBY



INFORMATION ON
SCD (SUDDEN
CARDIAC DEATH)



EDUCATION ON CLUB'S
RESPONSIBILITY IN CASE OF
ACCIDENT & INSURANCE
RECOMMENDATIONS



NUTRITION,
HYDRATION,
AND
SUPPLEMENTS



ANTI-DOPING

Education

Priorities Identified by the Medical Commission to be implemented Next



MEDICAL EDUCATION: WR LEVEL I COURSES

- It was recognised by the members the positive step by the FSR to organise First Aid Courses and it was noted that this initiative has been welcomed by the clubs in order to reach the FSR objective to increase the number of qualified First Aiders in the Swiss Rugby Community.
- The increased presence of trained first aiders at rugby matches is a very positive step and it is commendable that that the FSR has taken this initiative as part of its Player Welfare Programme.
- The FSR's WR Medical Educators have added a module focused specifically on Concussion Recognition, management, and follow-up to the 1st Aid Course



ANTI-DOPING

- The Medical Commission has developed the FSR's Anti-Doping Guidelines and resources, in collaboration with Swiss Anti-Doping.
- These documents provide important information and support to every athlete
- The Resources will be made available to all players and clubs online



INFORMATION ON SCD (SUDDEN CARDIAC DEATH)

- The medical Commission will collect and make available resources on this topic
- These will be available to every player and club, online

Education

TIMELINE

WORLD RUGBY LEVEL I COURSES

Introduction of WR 1st Aid in Rugby & Concussion Management Courses.

6 Courses held between Dec 2018 and Dec 2019, 112 people have passed the WR Level I Course so far.

Next courses: 14/12/19, 22/02/2020, 29/02/2020,

2018



SEMINAR ON LEGAL RESPONSIBILITY

Education by Maitre Nicolas Francais on Club's Responsibility in case of accident & on insurance Matters

2019



WORLD RUGBY LEVEL I & II COURSES

WR Level I courses continue, Level II Courses are added as well

2020



SCD INFORMATION

Information on Sudden Cardiac Death (SCD) made available as resources to the clubs and players

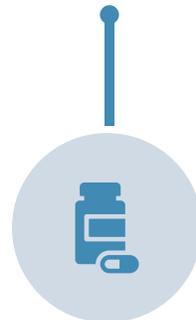
2021



NUTRITION

Information & Resources on Nutrition, Hydration, and Supplements made available to players and clubs

2022

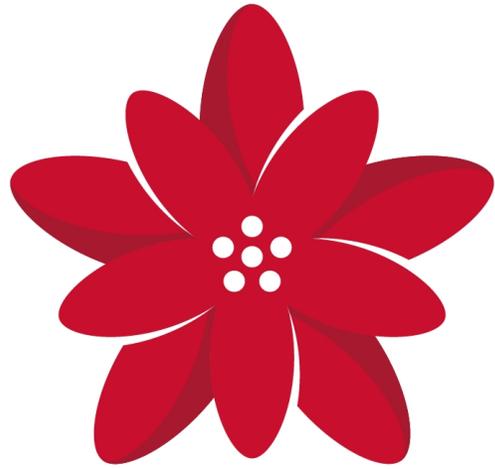


ANTI-DOPING

Suisserugby Anti-Doping Documentation & Guidelines finalized in collaboration with Swiss Anti-Doping



Player Welfare
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