

RUGBYSAFE F.A.Q.S

Medical Conditions - General Information

Can someone with a medical condition play rugby?

Participation in physical activity can have very positive effects. For many people exercising and participating in sports such as rugby provides many benefits, improving fitness and wellbeing, increasing energy levels and helping to relieve stress. However, for people with certain medical conditions, participating in strenuous exercise and contact sports such as rugby may not be appropriate.



The RFU recommend that anyone with a medical condition that may be affected by strenuous exercise, or the physical nature of a sport like rugby, should seek medical advice before participating in any rugby union activity. The decision on whether an individual can play rugby and in what format (e.g. contact, touch rugby) needs to be on the basis of medical advice by an appropriate expert. It is recommended that anyone over 45, who hasn't been taking part in regular activity, should see their GP for advice before taking part in any high intensity activity.

If under 18 then the player's parents/guardians should be asked by the club or school to confirm in writing that their child has been medically cleared to play. An adult player should also inform their club, with a record being kept. Where considered appropriate for an individual to participate, good communication between the player, parent/guardian(s), coaches, referees and other key personnel is important so that everyone is clear what (if any) particular accommodations should be taken to consider safety and ensure that the experience is a positive one for the player and others involved. Coaches should consider using different methods and approaches that meet the needs of the individual and the group of players they are working with.

The RFU provides more detailed information on a number of conditions including:

- Cerebral Palsy
- Diabetes
- Epilepsy
- Down's Syndrome
- Bleeding Disorders
- Infections



For more information go to: www.englandrugby.com/rugbysafe/guides-and-faqs/



NHS choices provides comprehensive health information and guidance. Call **111** for non-emergency medical advice or visit the NHS choices website at www.nhs.uk

Rugby related medical/health queries can be sent to rugbysafe@rfu.com

Any advice provided by the RFU in relation to specific injuries, illnesses or disabilities is only general advice and it should not be used as a substitute for the individual advice patients receive when they consult their own doctor. Individuals are advised to consult their own General Practitioner or Hospital Consultant for specific advice on their condition and/or fitness to train for or play rugby.

May 2017 (v.2)

Teamwork Respect Enjoyment Discipline Sportsmanship



England
Rugby



For more information visit:
englandrugby.com/rugbysafe