

# RFU community rugby injury surveillance project (CRISP)

2013-2014

## About the project

The RFU community rugby injury surveillance project (CRISP) involves the collection of information on injuries occurring in the English community game.

This valuable information is essential in developing future injury management strategies in the sport.

## We need your participation

We are currently recruiting RFU affiliated clubs competing within RFU playing levels 3-7 to participate for the 2013-2014 season.

Clubs wishing to take part will be asked to report the following information to the project team during the 2013-2014 season:

- Details on any 1st XV match injuries which prevent the injured player from playing for at least one week after the injury.
- A list of players involved in each 1st XV match.
- A questionnaire completed by each 1st XV squad member once at the start of the season.
- Match player list and injury information may be returned using either web-based or paper forms.



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## Additional opportunity: Functional movement screening and fitness testing

- The Project team will be visiting a number of clubs once during pre-season to carry out functional movement screening (balance, co-ordination and flexibility) and fitness (speed, agility, strength and endurance) testing with players.
- This provides us with vital information on the physical characteristics of community players to complement the injury data collection.
- Participating clubs will receive feedback on their results including an additional report on how their players compare with those across other clubs.
- Please note that testing sessions may be limited so contact the team early if you would like to nominate your club for this testing.

## Benefits to your club and the game

- Participating clubs will receive a report of their match injuries for the season, including a comparison with other clubs of a similar level.
- Membership to the IRB Rugby Science Network (<http://www.irbsciencenetwork.com>).
- Monthly prize draw for completed returns.
- You will be making a valuable contribution to the understanding of injury patterns in English Community rugby.

If you would like your club to participate or require more information, contact:

Dr Simon Roberts

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