

KEEP FUELLED

The fluid lost in sweat during exercise can have a huge effect. Losing 2% of body weight can reduce your performance by over 30%!

Don't let yourself get thirsty. If you do, you're already dehydrated. Keep your drink bottle filled (water is ideal), and drink before, during and after play, following these guidelines.

TWO HOURS BEFORE DRINK 500-600 ML



Dehydration can make you fatigued, affect your judgement on the field and cause cramps, heat stress or heatstroke. Even low levels of dehydration can affect your game.

- ➔ Increase fluid intake in hot and humid conditions
- ➔ Drink sports drinks (4-8% carbohydrate) during rugby activities lasting longer than one hour
- ➔ For advice on rugby nutrition go to www.rugbysmart.co.nz

WHILE EXERCISING



DRINK 120-150 ML PER 10-15 MINUTES

Never share drink bottles. Drink small amounts when possible throughout the game eg: breaks in play, injury breaks, half time.

AFTER EXERCISING

ONE LITRE PER HOUR FOR THREE HOURS



You continue sweating after you stop exercising, so you need to keep your fluids up. Avoid alcohol and caffeinated energy drinks immediately after exercise.

PRE-GAME CHECKLIST

- Team talk
- Starting line up
- Warm-up
- Stretch
- Drills
- Check playing field
- Check playing equipment
-
-
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GEAR CHECKLIST

- Balls
- Water bottles
- Strapping
- First aid kits
- Jerseys
-
-
-
-

WEEK _____

- M Fitness training
- T _____
- W Weights training
- T Game practice
- F _____
- S Game
- S _____

CONTACT LIST

Jim	021 443 5554
John	04 384 4444
Mark T	04 384 5768
Mark H	04 555 5869
Tim	04 555 6879
Lance	021 555 555

TEAM

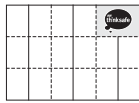
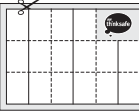
- Jim
- John
- Mark T
- Mark H
- Tim
- Lance
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TEAM RULES

- _____
- _____
- _____
- No drinking prior to games
- _____
- _____
- _____
- _____
- _____
- _____

FOLDING

1. Using a knife/ruler or scissors trim off any excess border.
2. Dash lines are the fold lines, the panel with the Thinksafe logo will end up as the cover of your Smart Tips guide.
3. Fold as shown below:



TREAT INJURIES QUICKLY TO SPEED UP YOUR RECOVERY

USE R.I.C.E.D. (FIRST TWO DAYS)

- REST:** To limit further damage, avoid moving the injured part as much as possible.
- ICE:** Place ice in a damp towel on to the injured part for 20 minutes, every two hours for the first 48 hours.
- COMPRESSION:** Bandage between ice treatments.
- ELEVATION:** Keep the injured area raised as much as possible.
- DIAGNOSIS:** If the pain or swelling hasn't gone down significantly after 48 hours, seek professional medical help.

AVOID H.A.R.M. (FIRST THREE DAYS)

- HEAT:** Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.
- ALCOHOL:** Alcohol increases bleeding and swelling at the injury site and delays healing.
- RUNNING:** You should not exercise the injured part for 72 hours unless approved by a medical professional.
- MESSAGE:** Massaging an injury in the first 72 hours can slow down recovery.

IN AN EMERGENCY 111

If a player has a suspected spinal or other serious injury – GET HELP FIRST, and GET IT FAST.

CALL 111 FOR AN AMBULANCE

Don't move the player until qualified medical personnel arrive. A player may have suffered a severe neck injury, and yet still be able to move.

The ONLY exception to this is if a player has stopped breathing, in which case you should administer CPR. Players, referees and coaches should err on the side of caution and seek medical assistance in the event of any potentially serious injury.

Skills and fitness are important for rugby – so is avoiding knocks that stop you from playing. This guide aims to help you prevent injury and perform better. Keep it handy throughout training.

KEY: Movement to get stretch
 Area being stretched

RUGBYSMART

RugbySmart is all about helping players and teams perform at their best. It focuses on:

- Physical conditioning
- Technique in the contact phases of rugby
- Injury management.

WWW.RUGBYSMART.CO.NZ

The RugbySmart website (www.rugbysmart.co.nz) has heaps of great tips, including training guides and coaching videos from experts such as Graham Henry, Wayne Smith and Mike Cron. Check it out and get your own personalised training guide!

SIDELINE CONCUSSION CHECK

Ask your coach or RDO for this great resource that fits into your wallet. It provides all you need to manage a suspected concussion.



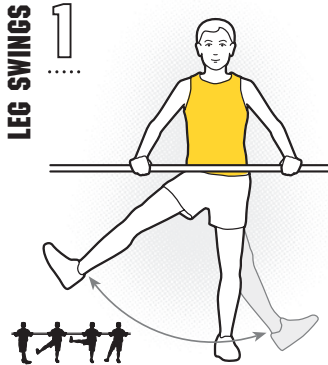
ACC
thinksafe

SMART TIPS FOR PREVENTING RUGBY INJURIES

FOR MORE INFORMATION ON STAYING INJURY FREE VISIT:
www.acc.co.nz/sportsmart

WARM-UP

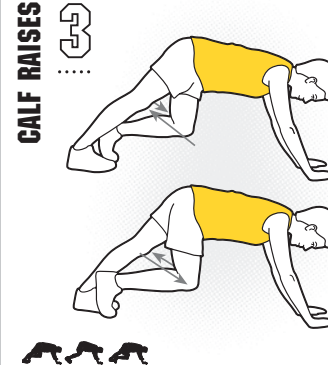
Start with about five minutes of light aerobic activity to raise your heart rate and get more blood flowing through your muscles. Jogging is a good way of doing this. Follow up with 10-15 repetitions of dynamic stretches (see right), gradually increasing the speed and range of movement. Then finish with some sports specific exercises.



LEG SWINGS 1
 Holding on to something, swing one leg outwards, then across the body, pointing toes in the direction you're swinging. Minimise lower back movement. Alternate legs.



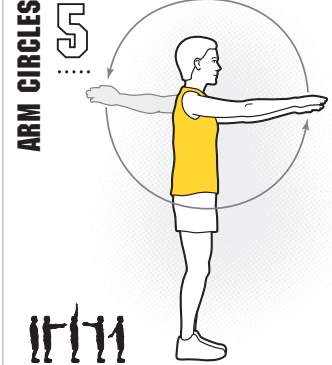
HURDLE STEP OVERS 2
 Stand supported, one leg slightly back. Lift rear knee high, rotate leg outwards and step down. Reverse; rotate leg outwards, take knee to front, step down. Minimise trunk movement. Alternate legs.



CALF RAISES 3
 From a push-up position, push one heel towards the ground then put weight on ball of foot and repeat. Alternate legs.



TRUNK ROTATIONS 4
 Place feet shoulder width apart, a straight back and slightly bent knees. Swing arms across body at waist height and above your head to stretch mid and upper back.



ARM CIRCLES 5
 Stand with your back straight and knees slightly bent. Swing both arms around in circles, keeping your back still. If you feel tight in an area, spend more time there to loosen it up. Change direction and repeat.

COOL-DOWN & STRETCH

After play, some easy jogging and static stretches (see right) will help your body to recover and can improve flexibility. Apply each stretch slowly – don't bounce. Take it to the point of tension but not pain and hold for at least 30 seconds. Repeat twice on each side of the body.



LONG CALF MUSCLE 1
 Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking calf stretch through rear calf.



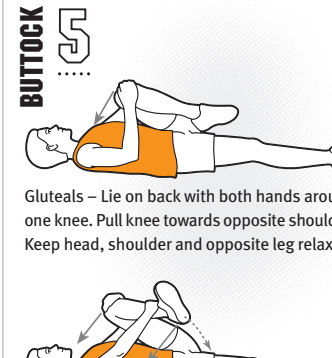
SHORT CALF MUSCLE 2
 Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.



HAMSTRING 3
 Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the legs.



FRONT THIGH 4
 Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.



BUTTOCK 5
 Gluteals – Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.
 Piriformis – Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.