



Advice to Players and Spectators

Playing Rugby Fives has resulted in very few serious injuries over the long history of the game. There is, however, some risk of injury in any sport and this should be guarded against by the measures indicated below. A full risk assessment has been conducted and the document is available from the General Secretary or on the RFA web site (therfa.uk).

To avoid risk of injury to players, the court should at all times be adequately lit, dry and free of obstruction. The door should be closed at all times during play.

Novice players should be trained to follow safe practices and children should only play under conditions where a responsible adult is easily contactable.

The RFA urges players, coaches and spectators to heed the following advice:

Injury / Accident	Measures to guard against injury
Pulled muscles / strained ligaments	Players should 'warm-up' before the game and 'warm-down' afterwards.
Bruising of hands	Players should wear appropriate gloves with padding or inner gloves as preferred. Players should 'knock up' at length and refrain from hitting the ball hard until both hands are warm.
Being struck in the face or neck by ball	Eyes, nose, teeth and ears are the most vulnerable. Players should watch the ball and other players, but if in-front of a ball that is about to be struck, should <u>not</u> turn round to face it. Players should stop play immediately after the ball has gone down. Spectators should watch the ball. Players should shout "Turning!" if rotating through 360° to hit the ball.
Tripping or slipping	Players should wear appropriate footwear with good grip, properly laced and securely tied. Play should not take place on courts wet from condensation or leakage. Play should be abandoned if the floor becomes wet during play.
Colliding with other players	Players should not physically block the movement of any other player, nor should they hit the ball if either of these actions would cause impact or collision with another player. Players should not play while wearing or carrying loose clothing, sharp or hard objects, e.g. jewellery, that might cause injuries.
Medical conditions	Players should confidentially inform coaches, tournament organisers and fellow players of any relevant medical conditions and the actions required should an incident occur. Players should ensure that they are medically fit to play.

Players and spectators participate at their own risk

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