



RUGBY AT TIFFIN SCHOOL



Rugby is played as the main school sport in both the Autumn and Spring terms, and is compulsory for all boys in Years 7 & 8. Tiffin regularly fields twelve sides on Saturdays, in order that as many boys as possible can play at a competitive level. Rugby is also a major part of the House system.

Message from Mr A Blackburn, Head of Rugby, Tiffin School:

“Most boys have not played Rugby before joining the school, and we cater for all standards.”

Rugby boots:

To minimise the risk of ankle injury, rugby boots **must be well-fitting and tightly laced up.**

- **Boots should fit tightly and snugly.** Too much ‘growing room’ means the boots will be too big, and will not grip the foot safely. As well as risking ankle injury, loose boots are also liable to come off during play on a muddy rugby pitch.
- All students must **check the fit of their rugby boots** towards the end of August, before starting the autumn term.
- Rugby boots bought from Tiffin Shop in the summer term should fit well when checked in August. Remember **new boys will be playing rugby straight away**, so their boots need to fit snugly, with only a little space for growth.
- **Boots must be laced up tightly.** Boys should practice this over the summer – they need to be able to get their boots on quickly and safely, which means pulling the laces tight along the foot, and tying them securely.

Mouthguards:

“All students **must** have a mouthguard and bring it to every rugby lesson.”

Mr A Blackburn, Head of Rugby

“Get the right gear for each sport, make sure it fits and make sure kids wear it properly every time they play. Correctly fitted equipment is the key to preventing injury.”

“Sprained ankles are a common rugby injury, with ankle sprains representing almost 1 in 7 rugby injuries. You can reduce the chance of injury by wearing well-fitting boots.” Source: The British Columbia Injury Research and Prevention Unit