

# Wheelchair Rugby



Practical Advice for participants in the reactivated **Irish Wheelchair Rugby Junior and Senior** training programmes



## Key Dates

### Currently Permitted

Outdoor contact training in pods of 15.

### From June 7th

Indoor training in pods of one.  
(subject to local facility approval).



## Come Prepared

**Understand the Return to Sport protocols.** Undertake Covid 19 training and complete the health declaration before every training session.

**Equipment** - Wheelchair Rugby Chair | Towel | Own Water Bottle | Anti-Bacterial Wipes | Hand Sanitizer | Face Covering *if using indoor WC facilities etc.*

**Note:** All clubs should have PPE packs at each training session.



## General Considerations

- The Return to Sport of all clubs and players is subject to approval and adherence with the COVID-19 Protocols for the Safe Return to IWA-Sports and Activities.
- All players and volunteers return on an 'opt in' basis informed by their personal choice.
- IWA-Sport members have not played organised sport since mid-March 2020.
- The focus of a return should be about having fun and reuniting with teammates.
- Considering the long lay-off period training should be gradually reintroduced to redevelop fitness and movement skills over a period of 4-6 weeks to minimise the risk of injury.

## Outdoor Training Considerations

- Typically, the following surfaces are used: Tarmac, Concrete, Synthetic Tiles and Low Profile Astro.
- Clubs should complete a health and safety risk assessment prior to using a new training venue.
- This should ensure the venue, surfaces and environment is suitable before use.
- Ensure there are no bumps, holes, debris, or other surrounding issues.
- Ensure and regularly check that the wheelchair is in perfect working condition, particularly in light of the long lay-off period.
- Change wheelchair tyres to suit outdoor surfaces.
- Consider that outdoor surfaces will increase the level of wear and tear on casters and tyres.
- Ensure waist and leg strapping is firmly in place (all environments).
- Drills should not include any pivots, or sharp turns around cones or corners.
- Use wide sweeping turns to change direction.
- Whilst restrictions allow for outdoor contact sport in groups of 15, a phased approach to reintroducing contact drills and games is strongly advised.

## Plan Session Appropriately

- The focus of a return should be about having fun and reuniting with teammates.
- IWA-Sport members have not played organised sport since mid-March 2020.
- Plan age-appropriate training sessions and drills.
- Gradually reintroduce the training session intensity over a period of 4-6 weeks to minimise the risk of injury
- Plan low intensity and impact drills initially.
- Consider the duration of sessions.
- Junior training sessions no longer than 60 minutes are recommended.
- Whilst restrictions allow for outdoor contact sport in groups of 15, a phased approach to re-introducing contact drills is strongly advised.

*Thank you for your cooperation and continued support.*