

Player Improvement Fund - Season 2025/26

Coaching Standards

LEAGUES	COACHING	VIDEO ANALYSIS
<p>Arnold Clark Premiership (Men & Women)</p> <p>Arnold Clark National 1 (Men)</p>	<p>Head Coach = minimum Advanced Coaching / Level 3 qualification (attained or working towards).</p>	<p>Filming of all league matches to the below standards:</p> <ul style="list-style-type: none">• Filmed from an elevated position in HD quality from half-way line using a digital video camera (VEO footage cannot be used).• Sennheiser Microphone unit attached to camera to capture referee audio.• Continuous recording of each half – no stoppages for breaks etc.• Footage uploaded to Coach Logic site no later than Monday at 12pm following Men's fixtures and Tuesday at 12pm following Women's fixtures. <p>Please get in touch with Winse Chan at winse.chan@sru.org.uk if you have any questions.</p>

Medical and Physiotherapy Standards – Premiership Only (Male & Female)

Medical and Physiotherapy Standards

Clubs with teams participating in the Premiership must provide the following standards of cover for all League and Cup matches during the season.

1. Medical Equipment – The following must be provided in full at all home matches:

- a. A **spinal board** with triple immobilisation (straps, collar and head blocks), or **vacuum mattress**
- b. An **emergency bag with an AED** (Automated Electronic Defibrillator), **assorted airway adjuncts, collar, emergency drugs, fluids and giving sets, assorted needles, emergency blankets, a pulse oximeter, stethoscope, SAM splint, and assorted dressings**
- c. For consideration Emergency drugs such as (Adrenaline 1:1000 autoinjectors x2 (anaphylaxis), Glucose gel 50% and Adrenaline 1:10000 for injection (cardiac arrest))
- d. A Frac Pack (aka box splint), vacuum splints and crutches
- e. Oxygen for use in serious injuries
- f. An Emergency Action Plan for their venue see [Player Welfare Action Plan](#)

If requested, Scottish Rugby can purchase either a, b or c of the above for a Club at the start of the Season from that Club's payment allocation. Please contact Head of Medical Operations (richard.wood@sru.org.uk) with your requirements.

Scottish Rugby has arranged with medical gas supplier BOC to provide a Lifeline kit for any Club requesting it at a discounted rate. This provides the oxygen, the signage for storage, and a bag for storage or transport. Refills of the cylinder are also at a discounted rate. Should you wish to take this up, please contact Head of Medical Operations (richard.wood@sru.org.uk) for further information. Clubs must review the storage and transport of oxygen in line with their other Health and Safety approaches and Risk Assessments.

2. Pitchside Care Medical Standards

- If required, Clubs must name the person they wish to attend the SCRUMCAPS level 2 course. This may be a physiotherapist, sports therapist, doctor, advance nurse practitioner, nurse, paramedic, dentist or any other AHP (Allied Health Professional).
- Clubs can send other medical staff onto similar courses but will be required to pay for these. This can be afforded through the allocation from this agreement and assistance to identify suitable courses may be sought through the Head of Medical Operations at Scottish Rugby (richard.wood@sru.org.uk).
- SCRUMCAPS Level 1 First Aid courses exist for non-medical team members, for them to gain some helpful first aid skills, though these do not fulfil the requirements for pro-team draft player release. Information on these can be sought from the Game Development Team at Scottish Rugby (training.education@sru.org.uk).

3. Medical Staff

- a) A doctor at all league and cup home games – they should be suitably indemnified either themselves or by the Club AND have a pitch-side first aid qualification such as Scottish Rugby's SCRUMCAPS level 2 or pay for an equivalent suitable sports trauma/first-aid course such as those run by the SFA or RFU, WRU or IRFU.

Where a doctor for the home team is not available, the following options should be considered.

- i. Away Team Doctor asked to cover the fixture – Fees covered by the home team.
 - ii. A suitably trained health care professional to attend and support the home team physio to carry out specialised medical duties, such as, stitching of wounds or prescribing of medication and extrication of players from the pitch.
 - iii. If condition 1 or 2 cannot be met, a risk assessment is carried out and amended based on the medical staff available.
- b) A physiotherapist or sports therapist for all home and away fixtures and at a training session on a Thursday evening. The physiotherapist or sports therapist should be registered with the Health and Care Professions Council (or have an alternative professional indemnity insurance)

provider) and have a suitable pitch-side level 2 first aid qualification.

c) The physiotherapist or sports therapist must provide handovers regarding Scottish Rugby contracted players to the relevant Scottish Rugby medical staff (from whom they will receive the same each week).

d) A SCRUMS injury report must be completed online within 48 hours for any player that has;

- i. An injury requiring referral for further care e.g., to Hospital for further treatment or investigation or to GP etc. for ongoing management
- ii. An injury that is treated internally by the team physio or team doctor
- iii. A concussive injury
- iv. A catastrophic injury

e) In exceptional circumstances, and with prior notice, Scottish Rugby can arrange for doctors, physiotherapists, or sports therapists to cover one-off matches. These staffing costs will be deducted from the relevant Club's payment allocation. Please contact Head of Medical Operations (richard.wood@sru.org.uk) to arrange.

Medical Protocols – Scottish Rugby Professional and Senior Academy Professionals

Clubs with teams participating in the Premiership must comply with this protocol, which relates to the transfer of player care between Scottish Rugby and the Clubs with teams participating in the Premiership to which they play for. It intends to ensure care standards are established for the safe management and therefore mutual benefit of Clubs with teams participating in the Premiership and the players. There are relatable standards within this Agreement for medical provisions (which must also be complied with), but some additional specifics are included here.

1. Communication over injured players:

- Communication over player availability for selection for weekend Premiership fixtures will continue to be made as per the Communication Protocol.
- Specifically, players who have been in doubt for training or selection due to injury will have decisions made over availability and this shall be notified to the Clubs as per the Communication Protocol.
- Scottish Rugby medical team staff will specifically provide a handover directly to Club physiotherapists or sports therapist before training on Thursday evening with any management strategies required for the players who are attending that event (be that training or match). This is separate to the Club being notified of availability.
- Club physiotherapists, sports therapist or doctors should communicate directly with the Scottish Rugby medical teams to hand over any management strategies required for participation and ensure continuity of care.
- SCRUMS injury reports should be completed by the Club for any injuries to players, any Scottish Rugby players will have their injuries reported by Scottish Rugby.

2. Player release issues – Medical

Players may not be released when not injured for several medical reasons, which invariably relate to the ability to provide a safe working environment and the obligations of Scottish Rugby as an employer. Players will not be released if:

- Clubs with teams participating in the Premiership cannot provide appropriate medical staff, as per the standards in the Premiership agreement. This also includes staff who may not be skilled to undertake a required intervention for a player to allow safe participation in training or a match. This includes Tuesday evenings, which do not currently require Premiership teams to provide staff of suitable standard in terms of the Premiership agreement - if these medical staff are not appropriately skilled to provide the required level of medical care, players will not be released.
- Clubs with teams participating in the Premiership cannot provide appropriate medical equipment for the training or match event, as per this Agreement. This also includes strapping material or similar items which may be required by a player for safe participation. By discussion of this between medical teams, this can potentially be planned for. However, Clubs will be expected to provide this equipment directly – Scottish Rugby will not provide medical equipment required for player participation

3. Anti-Doping Standards

- To support Scottish Rugby's fight against doping in sport your Club must nominate one of its medical staff to complete the UKAD Introduction to Clean Sport course at <https://www.ukad.org.uk/cleansporthub>.
- The designated medical person will then act as a link between Scottish Rugby and the Club with regards forwarding any anti-doping updates to players and support staff within their Club. They will also be a point of contact within the Club should a player have an anti-doping query. The role is not to educate but to support players and support staff.
- It is a requirement that all players complete the Scottish Rugby "Clean Sport" module via SCRUMS to enhance player education around clean sport prior to the start of the new season.
- It is the Team Manager's responsibility to ensure all players have completed this.