

PHASED RETURN RESUMPTION OF ACTIVITY



As sporting activity has been severely disrupted in 2020, there is potentially a higher than usual injury risk on return to rugby this year. Therefore, HKRU is recommending each club/team establishes a gradual transition from home-based activity to team-based fitness and skills this year. This process will recondition players to the demands of full contact rugby and aim to mitigate injury risk.

STAGE 1	<p>An individual running program and Contact Preparation Program</p> <p>An interval and sprint running program, completed minimum 2x/ week</p> <p>An individual conditioning program involving rugby specific fitness activities, with no rugby equipment</p>	STAGE 2	<p>A Contact Ready Phase</p> <p>A graduated contact skills program to be implemented in the first 2 weeks of phase 3.</p>
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HKRU will not resume competition until 4 weeks after pitches reopen, to allow all teams the necessary time to condition for rugby. For example, if pitches re-open on 15 September, the first competitive match would not be until 16 October 2020

To get players conditioned, and keep them injury free, we recommend coaches utilise the FITT principle for planning their pre-season training.

PRINCIPLE	FREQUENCY	INTENSITY	TIME	TYPE
WHAT IS THIS PRINCIPLE IN A RUGBY CONTEXT?	Number of sessions per week should not exceed a usual rugby week	Gradually increase from low intensity to high intensity training	Gradually increase working time from shorter periods to longer periods	Training stimulus moves from low risk to higher risk from week to week
WHAT IS AN EXAMPLE OF HOW A COACH COULD IMPLEMENT IT?	Number of sessions per week should not exceed a usual rugby week	e.g. Start at 50% of relevant intensity and build up to match intensity (100%) by end of preseason.	e.g. week 1 50% working time and increase by 20% each week.	e.g. Controlled contact -> live contact Short acceleration-> longer sprints High rest periods -> short rest periods