

FEMALE HEALTH COMMITMENTS & TOOLKITS



Rachel Faull-Brown
Player Welfare Manager
England Rugby

INTRODUCTION

- Female Health Working Group
- Female Health Commitments
- NGB Collective
- Female Health Toolkits
- Impact 25 funding



WHY IS THIS SO IMPORTANT

“ Women’s Rugby is recognised as the single greatest opportunity for growth within the sport over the next decade.”

(World Rugby, 2021)



The health needs of females within rugby are not being adequately met.



Failure to address these needs is a potential barrier to both participation and performance.



As the game grows we need to ensure the right experiences in the right environment for new players.

FEMALE HEALTH COMMITMENTS



GOVERNANCE



- To embed the question, 'How does this impact on female health?' into strategic decision making at all levels within the RFU.
- To ensure there is a cohesive approach to female health, reflective of our diverse society, across and beyond English Rugby.



AWARENESS & TRAINING



- To empower those involved in rugby to have open conversations about female health.
- To provide coach & player education on female health across all levels of the game.


MITIGATING BARRIERS TO PARTICIPATION



-  To support girls to remain involved in rugby environments as they transition through puberty.
-  To empower and support players to become parents alongside their rugby career.



SURVEILLANCE & RESEARCH



-  To develop a programme of research to address rugby-specific female health questions.

PERFORMANCE & CLINICAL CARE

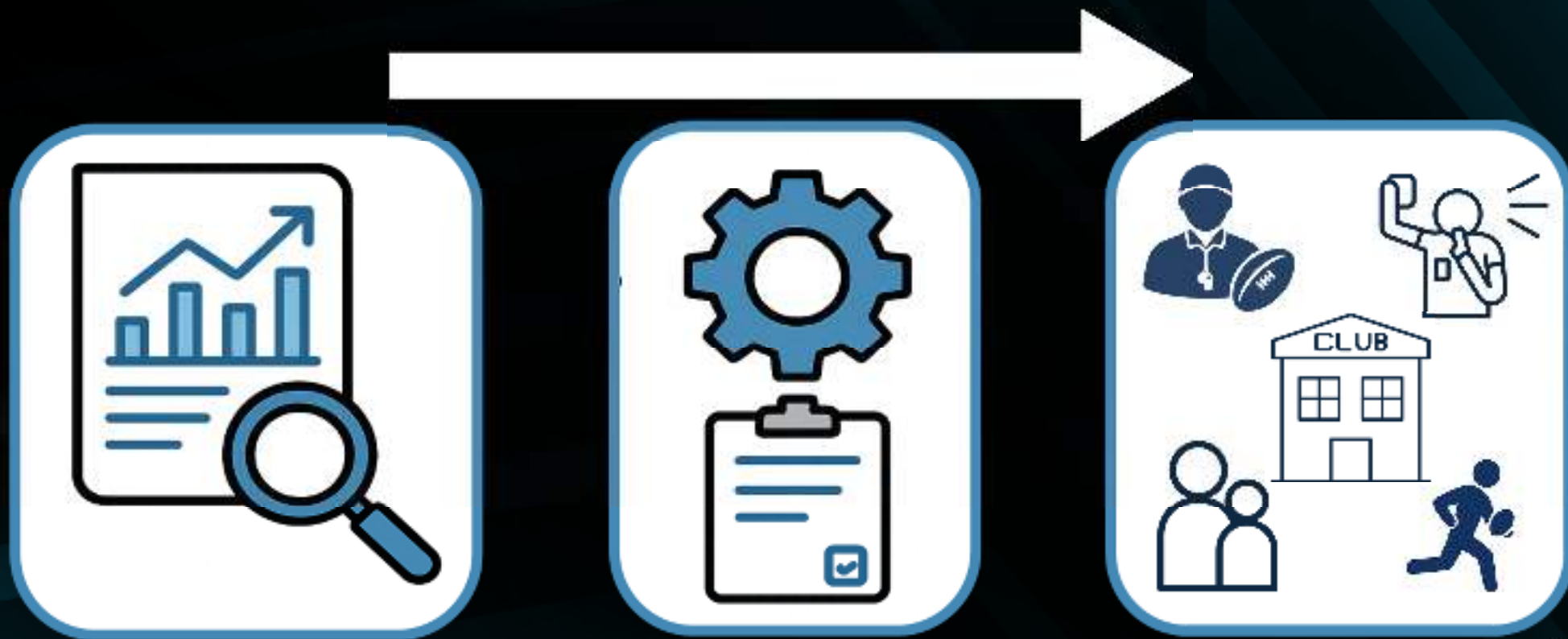


-  To support females to meet the physical demands of rugby.
-  To develop a network of female health specialists across England.

FEMALE HEALTH COMMITMENTS

**A coherent and comprehensive
approach to female health to
‘Enrich lives and develop the sport
for future generations’**

TRANSLATING RESEARCH INTO ACTION



FEMALE HEALTH TOOLKITS

1

**Menstrual
Cycle**



2

**Pelvic
Health**



3

**Breast
Health**



4

Puberty



5

Menopause



6

Postpartum



7

**Mental
Health &
Mental Skills**



8

**Optimising
Performance**



9

Nutrition



DOCUMENTS & ONLINE INFORMATION



TOP TIP VIDEOS

SIGNPOSTING



E-LEARNING SUITE

Bitesize modules covering relevant female health topics for:

- Age Grade Players
- Coaches & Parents of Age Grade Players
- Adult game



CASE STUDIES & SHARING STORIES



FEMALE HEALTH CHAMPIONS

- 70 Female Health Champions trained.
- Deliver workshops in clubs to age grade players, coaches and parents, and adult players and coaches.
- Increasing awareness and developing a network of female health advocates.



WHAT NEXT.....

- Build on the 6200+ visits to the female health homepage.
- Continue to increase awareness across different audiences.
- Work collaboratively (across rugby and other sports).
- Project sustainability.

Access the Female Health Toolkits here!



THANK YOU

