

## SCHEDULE C

**TO ACCOMPANY THE SCHEDULE B CLEARANCE DOCUMENTATION REQUIRED FOR FRONT ROW PLAYERS**

*COMPLETED FORM MUST BE SUBMITTED TO YOUR PROVINCIAL UNION MANAGER OF SCHOOLS RUGBY OR BOKSMART REPRESENTATIVE*

### SECTION A: TO BE COMPLETED BY THE PLAYER (PRINT CLEARLY)

Full Names:			
ID Number:		Competition/Province	
Date of birth:		Current Age-grade e.g., U16 – (15-year-old)	
Club/School Name		Age-grade applied for e.g., U18	
Playing position:		Contact Number:	
Number of years' experience playing at this position		Email address:	

*The COACH has to assess the player against the following considerations.*

*If the answer is 'NO' to any of the considerations below, the player should NOT be allowed to participate in the Age-grade applied for, as this indicates an increased risk to safe participation in the Proposed Age-grade.*

*The COACH performing this assessment on the player shall have no less than a World Rugby Level 2 Coaching qualification.*

*Not having a World Rugby Level 2 qualification does not qualify the COACH, to competently and objectively, assess the player's capabilities.*

*Furthermore, the COACH has to have an ACTIVE BokSmart Certification status.*

### SECTION B: PLAYING SKILL AND EXPERIENCE (PRINT CLEARLY)

*– to be completed by the World Rugby Level 2 COACH who is clearing the player*

The player has successfully performed focused <b>position-specific neck strengthening and conditioning under my guidance, during the 8 weeks prior</b> to participation or submission of the <b>SCHEDULE B</b> clearance application.	YES	NO
The player has successfully performed focused <b>scrum technique training, and incremental scrum training progressions under my guidance, in the 8 weeks prior</b> to participation, or submission of the <b>SCHEDULE B</b> clearance application, for example 1v1, 1v2, 2v3, 3v5 live scrumming drills, progressing to 8v8 live scrumming ( <i>and scrum machine training where available</i> ).	YES	NO
The player has successfully performed focused <b>scrum-specific muscle conditioning and preparation</b> ( <i>not just neck, but lower back and spine, hips, legs and lower limb, and upper body specific preparation for scrumming</i> ) <b>in the 8 weeks prior</b> to participation, or submission of the <b>SCHEDULE B</b> clearance application.	YES	NO
I, the undersigned COACH, have performed <b>regular technical observational assessments during this 8-week period</b> in evaluating the player's readiness to compete in the scrum at this level and am satisfied that <b>the player is suitably prepared to play in the front row at the level required.</b>	YES	NO

***NB – Rugby medical research studies have indicated that players in the front row, especially the hooker, are exposed to an increased risk of catastrophic head, neck, or cervical spine injuries, and that the head, neck, and spine injuries in these positions and in the scrum are generally more severe.***

### SECTION C: DECLARATION OF TRUTH (PRINT CLEARLY)

I hereby confirm and declare that all the information provided is accurate and correct, and understand that should any false information be provided, that there may be legal ramifications.

Signature of player:		Date:	
Signature of parent or legal guardian as specified in SCHEDULE A & B:		Date:	
Signature of World Rugby Level 2 <b>COACH</b> as specified in SCHEDULES A & B:		Date:	

### SECTION D: TO BE COMPLETED BY THE PROVINCIAL UNION'S MANAGER OF SCHOOLS RUGBY OR BOKSMART REPRESENTATIVE (PRINT CLEARLY)

Full names:			
ID Number:		Contact Number:	
I hereby confirm that:			
<p>a. I have received all the necessary and completed <b>SCHEDULE A, SCHEDULE B</b> and <b>SCHEDULE C</b> documentation as required by the School Age-banding exemption policy for <b>FRONT ROW PLAYERS</b> and confirm that all stipulations have been met for clearance.</p> <p>b. I have also received Certified Copies of the applying Coach's Identity document, World Rugby Level 2 (or above) coaching qualification and active BokSmart Certification status, in application for exemption of the two-year window for the player mentioned above, and within the restrictions of the three (3) year maximum window stipulations.</p> <p>c. I further acknowledge that all records of the Consent and this application are kept on file at the Union offices and that the office, the player's parents or legal guardian and the coach have received copies of the completed exemption documentation</p>			
Signature:		Date:	