The Sport Injury Prevention Research Centre at the University of Calgary is offering free coach development workshops on injury prevention warm-ups to rugby coaches across Alberta.

The focus of the workshop is to learn a rugby-specific neuromuscular training warm-up, which consists of aerobic, balance, strength and agility exercises. This evidence-informed warm-up program takes only 10 minutes, requires no equipment, and is easy to implement before training sessions and matches.

Research in many sports has shown that these neuromuscular training warm-up programs are effective at preventing injuries in sport. It is particularly important that we prioritize injury prevention as we begin to return to sport following the COVID-19 restrictions.

What does this workshop involve?

This is a 2-hour, active workshop hosted online via zoom. Coaches will:

• Learn all exercises included in this warm-up program, including cueing and identifying common errors
• Have the opportunity to practice performing the exercises
• Discuss strategies for implementation in your team setting
• Receive resources to support delivery of the program with your athletes (print & video)

To help us evaluate the clinic, coaches will be asked to complete a short questionnaire before and after the workshop.

Questions? Contact Carla Vandenberg: cvanden@ucalgary.ca