

Dear Kenya Rugby Stakeholders,

As we continue to grow the game of rugby through education for all of our stakeholders, the following Legacy courses will take place before Tisap 7s. This is in line with World Rugby's plan to have qualified personnel in each team leading to the 2023-2024 season. Kindly nominate one of your technical benches for the following:

For Medical,

Dates 31st August & 1st September 2023 at Moi University, Annex Campus from 8 am.

Level 1 First Aid in Rugby

Prerequisites are:

Rugby Ready <https://passport.world.rugby/injury-prevention-and-risk-management/rugby-ready/>

First aid in Rugby <https://passport.world.rugby/player-welfare-medical/first-aid-in-rugby/>

Covid for Administrator <https://passport.world.rugby/player-welfare-medical/covid-19-return-to-play-awareness-for-administrators/>

Concussion Management for the general public <https://passport.world.rugby/player-welfare-medical/concussion-management-for-the-general-public/>

Dates 30th, 31st August & 1st September 2023 at Moi University, Annex Campus from 8 am.

Strength & Conditioning Level 1 for : Children, Youth & Adult

L1 Conditioning for Children 30th August, L1 Conditioning for Youth 31st August, L1 Conditioning Adult 1st September 2023

Prerequisites are:

Rugby Ready <https://passport.world.rugby/injury-prevention-and-risk-management/rugby-ready/>

Concussion Management for General Public <https://passport.world.rugby/player-welfare-medical/concussion-management-for-the-general-public/>

Introduction to coaching <https://passport.world.rugby/coaching/introduction-to-coaching/>

Coaching children <https://passport.world.rugby/coaching/coaching-children/>

Key Factors Analysis <https://passport.world.rugby/coaching/key-factor-analysis/>

Functional Role Analysis <https://passport.world.rugby/coaching/functional-role-analysis/>

Keep rugby clean <https://passport.world.rugby/protect-the-game/keep-rugby-clean/>

Covid Player/coach <https://passport.world.rugby/player-welfare-medical/covid-19-return-to-play-awareness-for-coaches-players/>

S&C Pre Level 1 Children <https://passport.world.rugby/conditioning-for-rugby/introduction-to-conditioning-children/>

S&C Pre Level 1 Youth <https://passport.world.rugby/conditioning-for-rugby/introduction-to-conditioning-youth/>

S&C Pre Level 1 Adult <https://passport.world.rugby/conditioning-for-rugby/introduction-to-conditioning-adult/>

Dates 31st August & 1st September 2023 at Moi University, Annex Campus from 8 am.

Prerequisites are:

Rugby Ready <https://passport.world.rugby/injury-prevention-and-risk-management/rugby-ready/>

Concussion Management for General Public <https://passport.world.rugby/player-welfare-medical/concussion-management-for-the-general-public/>

Introduction to coaching <https://passport.world.rugby/coaching/introduction-to-coaching/>

Coaching Children <https://passport.world.rugby/coaching/coaching-children/>

Key Factors Analysis <https://passport.world.rugby/coaching/key-factor-analysis/>

Functional Roles Analysis <https://passport.world.rugby/coaching/functional-role-analysis/>

Covid Player/Coach <https://passport.world.rugby/player-welfare-medical/covid-19-return-to-play-awareness-for-coaches-players/>

S&C Pre-Level 1 Children <https://passport.world.rugby/conditioning-for-rugby/introduction-to-conditioning-children/>

S&C Pre-Level 1 Youth <https://passport.world.rugby/conditioning-for-rugby/introduction-to-conditioning-youth/>

S&C Pre-Level 1 Adult <https://passport.world.rugby/conditioning-for-rugby/introduction-to-conditioning-adult/>

Date 1st September 2023 at Moi University, Annex Campus from 8 am.

Level 1 Introduction to Match Officiating

Prerequisites are:

Rugby Ready <https://passport.world.rugby/injury-prevention-and-risk-management/rugby-ready/>

Laws of the game <https://passport.world.rugby/laws-of-the-game/>

Concussion Management for General Public <https://passport.world.rugby/player-welfare-medical/concussion-management-for-the-general-public/>

Match Officiating Pre-Level 1 <https://passport.world.rugby/officiating/introduction-to-match-officiating-pre-level-1/>

No participant will be allowed in any course without completion of the prerequisites. Each online certificate should be less than 2 years old on the day of the course.

Also, note that the courses are a mixed session of class and practical so bring appropriate clothing (a whistle(Officiating), a short, a T-shirt and sports shoes)

Each Participant is to provide their own lunch and water. KRU will provide equipment for all the courses. Please carry a notebook and a pen. Each Individual is to provide for their own water, transport, and accommodation if need be.

Kind Regards,

George M Ndemi,

Training & Education Coordinator

Kenya Rugby Union