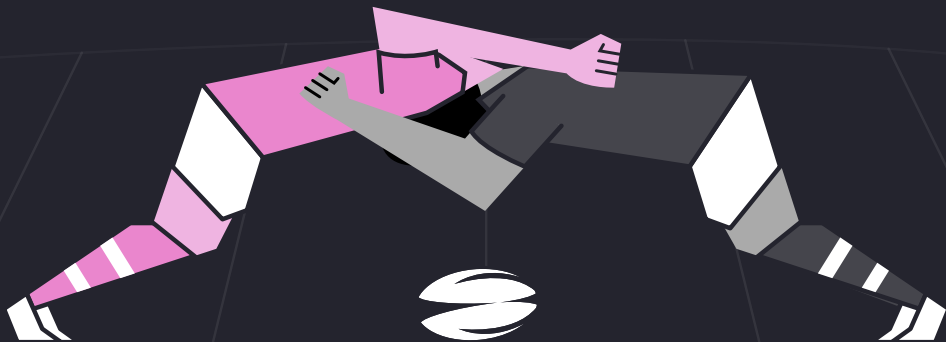




**DONT JUST
BE SAFE.
BE SCRUM
SAFE.**



Scrum Safe was set up to help coaches and players understand the core skills of the scrum.

The main focus of the company is to deliver clear instruction on how to keep the scrum environment as safe as possible for all ages and abilities.

With the number of youth girls and boys growing rapidly in the sport of rugby it was clear that the help needed to show these players how to form a scrum safely was not always available in clubs. All other key elements like catch pass, tackle technique, the breakdown and the lineout would be covered on a training night but the scrum was something that was not covered as much.

Watching referees showing players where to put their head on match day was something that needed to change for everyone's welfare and that is where Scrum Safe began.



Scrum Safe offers different levels of coaching around the scrum for all the positions from 1 to 8

01

LEVEL 01

Basic training of structure and safety

Coaching of a group of players from a team of any age grade, male or female in a group environment to help all players understand the basics of scrum technique.

02

LEVEL 02

One-to-one coaching

This is for the beginner or the advanced player and can take place at the club they play with or at our own premises. This is a personal session and can be done with up to 3 players at a time, if necessary. This is ideal for any player who wants to advance to a higher level or who wants to learn from the start in a controlled setting.

03

LEVEL 03

Helping the coaches

This is designed to help coaches within a club identify correct and incorrect actions at all positions in the scrum. This can be done with a team of their choice within the club. This can be done with all coaches in the club at the same time.

04

LEVEL 04

Performance-led coaching

This level of coaching is for 1 particular team who are at a strong level of competition who want to sharpen their skills and get the most out of their scrum on game day. This level of coaching is geared at a group who already have the safe scrum abilities and are now looking at performance coaching.

Second and third level teams

With school and college teams growing, it is a great time to get all our students to understand the safety of the scrum in our game. Scrum Safe will travel to your school and design a plan that works for you and your students during their working day or during training times after hours. The main aim is not to disrupt any school time for the students so we are very willing to adapt around the school's timetable.

Scrum Safe offers the ideal training in a safe environment for all level of player. We also fabricate our very own single sleigh. This product is designed to help all players and coaches to provide safe coaching on a 1-to-1 level or it can be used to set up different player set ups. This accommodates for every position in the scrum. With various different binding options, this will be a valuable tool to the beginner or to the professional player. These sleighs will be brought to your club on the day of coaching for players and coaches to examine and try out.

All training can be carried out at the club that books the appointment. Scrum Safe will travel to you with a minimum of 2 sleighs and all the training equipment required to carry out the session.

Train safe, play strong, love rugby. Sign up today!

**DONT JUST BE SAFE.
BE SCRUM SAFE.**

Contact Scrum Safe for all bookings and pricing queries



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