

## **Recovery for players and officials**

*By Bruce Cook (IRB Training Manager), in conjunction with Angie Calder.*

Recovery is critical for players, referees and touch judges, whether it be in a tournament or after a one off game.

In general terms it encompasses passive and active rest, food and fluid intake, and physical and psychological therapies.

Effective recovery enables players and officials to have the best opportunity to reach their potential in future matches.

Hydrotherapy is a physical therapy and can include hot and cold showers and spas which also helps muscles to relax because of pressure from the shower jets, and pool sessions which include exercise and stretching.

Schedules should be developed by coaches and officials trainers to take advantage of group work whilst using hydrotherapies.

Individuals should also be encouraged to do these sessions when situations preclude this from occurring in a team environment.

Angie Calder, who at the time of writing was Recovery Training and Planning Coordinator, Elite Sports Unit, Australian Institute of Sport, has developed the information contained in the following module:

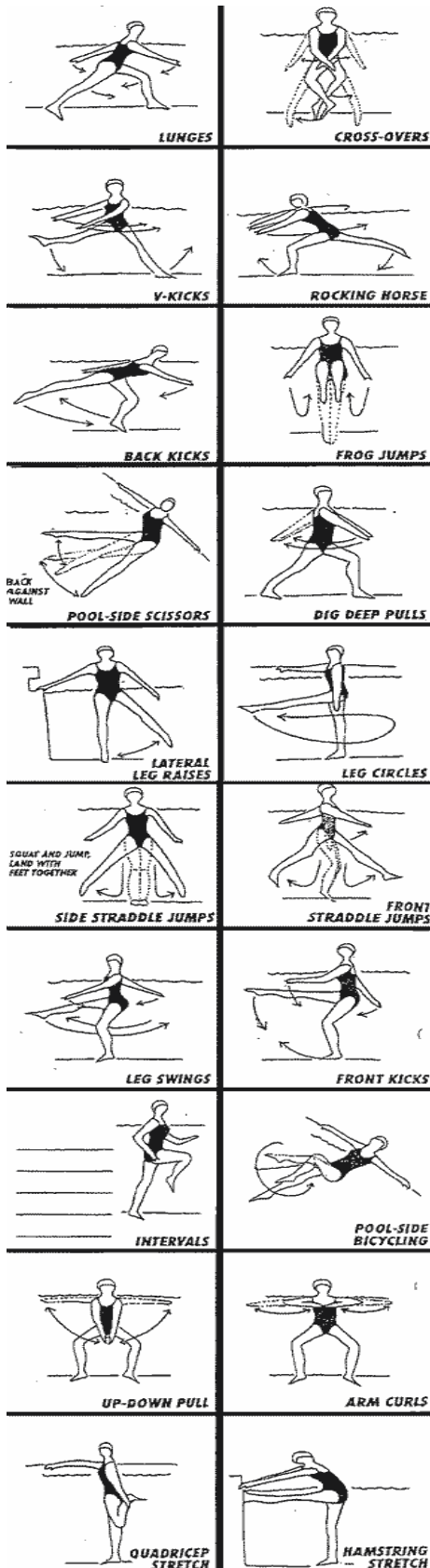
### **Pool and Hydrotherapy Session**

Session duration: 50 minutes  
Intensity: Light to moderate  
Formation for pool work: Follow the leader

NB: Athletes should rehydrate with sports drinks and/or water before, during and after this session.

### **Pool Activity**

Laps walk forward	2 laps
Walk backwards	2 laps
Side step (R)	1 lap
Side step (L)	1 lap
Short lunges fwd	2 laps
Side stroke (R)	1 lap
Side stroke (L)	1 lap
Standing hip rot. (R)	X10
Standing hip rot (L)	X10



**Stretches**

- Calves x2 each
- Shins x2 each
- Adductors x2 each
- Quads x2 each
- Hamstrings x2 each

**Shower**

Shower briefly

**Spa Routine**

2-3 min in spa after shower: use jets on back  
 Then 30 sec plunge pool (or 10 seconds in cold shower)

Repeat this 3 times

Quick warm shower

Those bruised or sore with a cold or virus should NOT to use spa.