

Tavistock RFC Junior Scrum Machine Usage policy and checklist

Note: It is club policy that a club coach/assistant coach supervises all training activity on the scrum machine the supervising coach should refer to this checklist before and during use of the machine where appropriate

1. Visually check the machine for damage/vandalism that would impair its use
2. Check that the machine is not used on ground where excessive slippage may occur. (eg/not gravel, grass with stones)
3. Check that the scrummage pads are securely fastened by checking for screw tightness
4. Attach sufficient bungees so that the pads do not bottom out when appropriate force is applied
 - a. The number of bungees required is dependent on the players scrummaging
 - b. The pads should move no more than 4-6 inches when the player applies full force
2. Check that the players only bind on to the pad or the side handles provided and not on the working parts
3. Check that players or coaches observing do not stand or place hands between the pads and the standing/safety rail while in use
4. Check that players should always wear studded boots and not trainers when using the machine
5. Apply appropriate weight to the machine to ensure it doesn't move significantly when the drive is made