

# The Women's Rugby Research Tour

Our women's rugby research tour is complete! We have visited three universities across Wales, sharing female-specific concussion and performance research with women's rugby players. In the media, rugby has come under fire for the high incidence of concussion, yet more women are joining the sport to enjoy the physical challenge and the strong sense of community. Therefore, there is a pressing need to share our research with rugby players. Few opportunities exist to communicate our findings, as research papers can be hard to access and do not suit a lay audience. This women's rugby research tour, generously funded by the Livery Company of Wales, enabled us to share our research with those who will find it most useful.

We visited Aberystwyth, Caernarfon, and Cardiff Metropolitan's Rugby clubs, at each location giving an informal talk about topical research on head impacts and neck strength in rugby. After our talk, we offered players a chance to have their neck strength tested, with 52 players choosing to get involved! Neck strength exercises were demonstrated to the teams, and scores were sent to each player.

The tour was valued by players and their coaches, who have continued to build the research relationship to ask for more resources and to get involved in further studies. Teams also requested an online version of the talk for other local clubs that couldn't attend the in-person tours. We have opened up this online version to other rugby clubs and will continue this online work for as long as players want to get involved. This funding allowed for a narrowing of the gap between researchers and stakeholders and enabled a conversation to open-up whereby players can become empowered to act positively when concussions do occur.

