

The current landscape for Global Positioning System (GPS) collection and use in Premiership Rugby Clubs



UNIVERSITY OF BATH

West S¹, Williams S¹, Cross M², Palmer C², Kemp S³ Stokes K¹.

¹ Department for Health, University of Bath, Bath, United Kingdom

² Premier Rugby Limited, Twickenham, United Kingdom

³ Rugby Football Union, Twickenham, United Kingdom

Why?

- The purpose of this study was to understand the current landscape amongst Premiership Rugby clubs with reference to:
 - Injury risk measurement tools used
 - GPS data collection
 - GPS variables used
 - GPS value for injury risk management and performance measurement
 - Barriers to GPS use

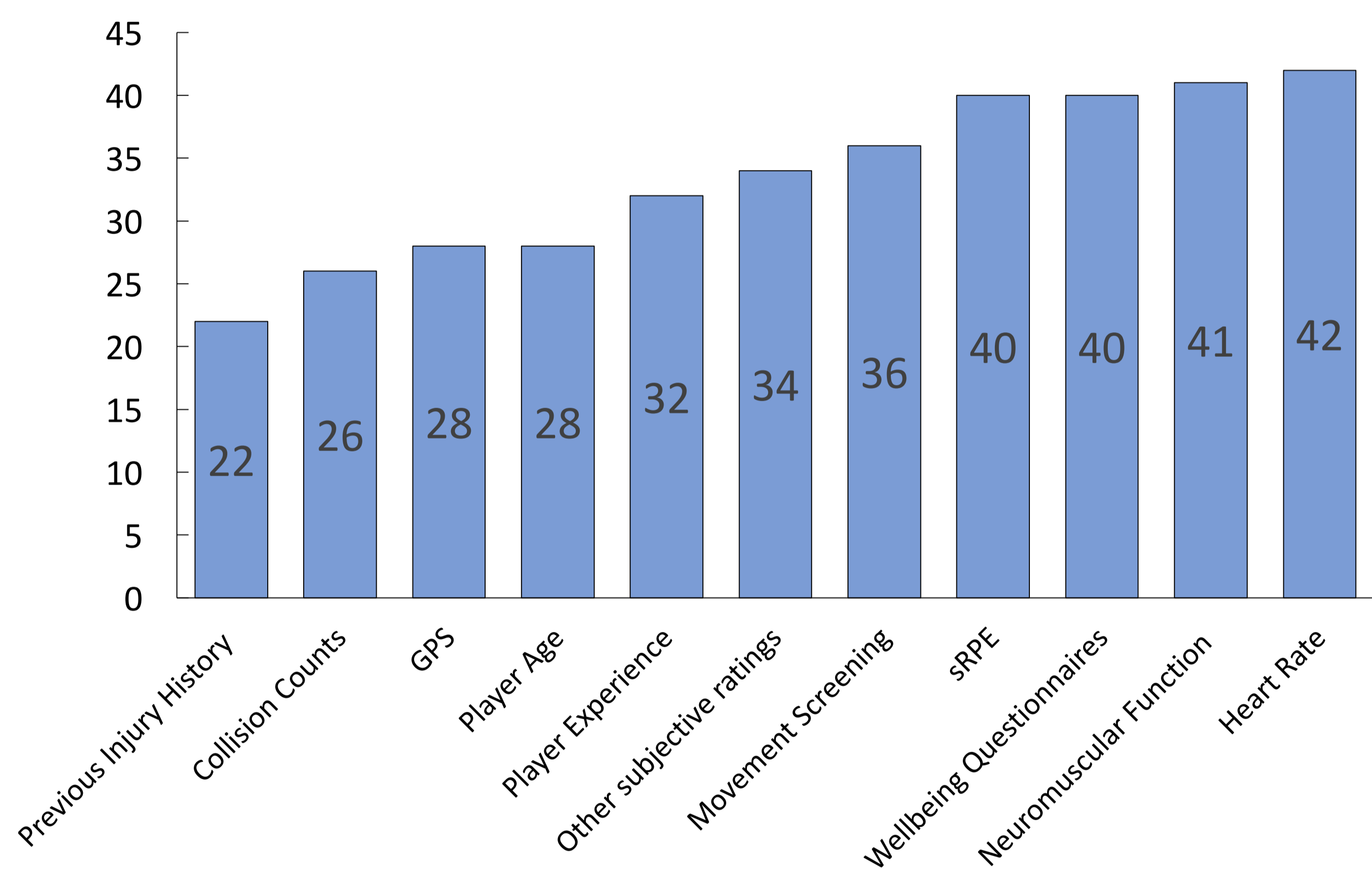
Study details



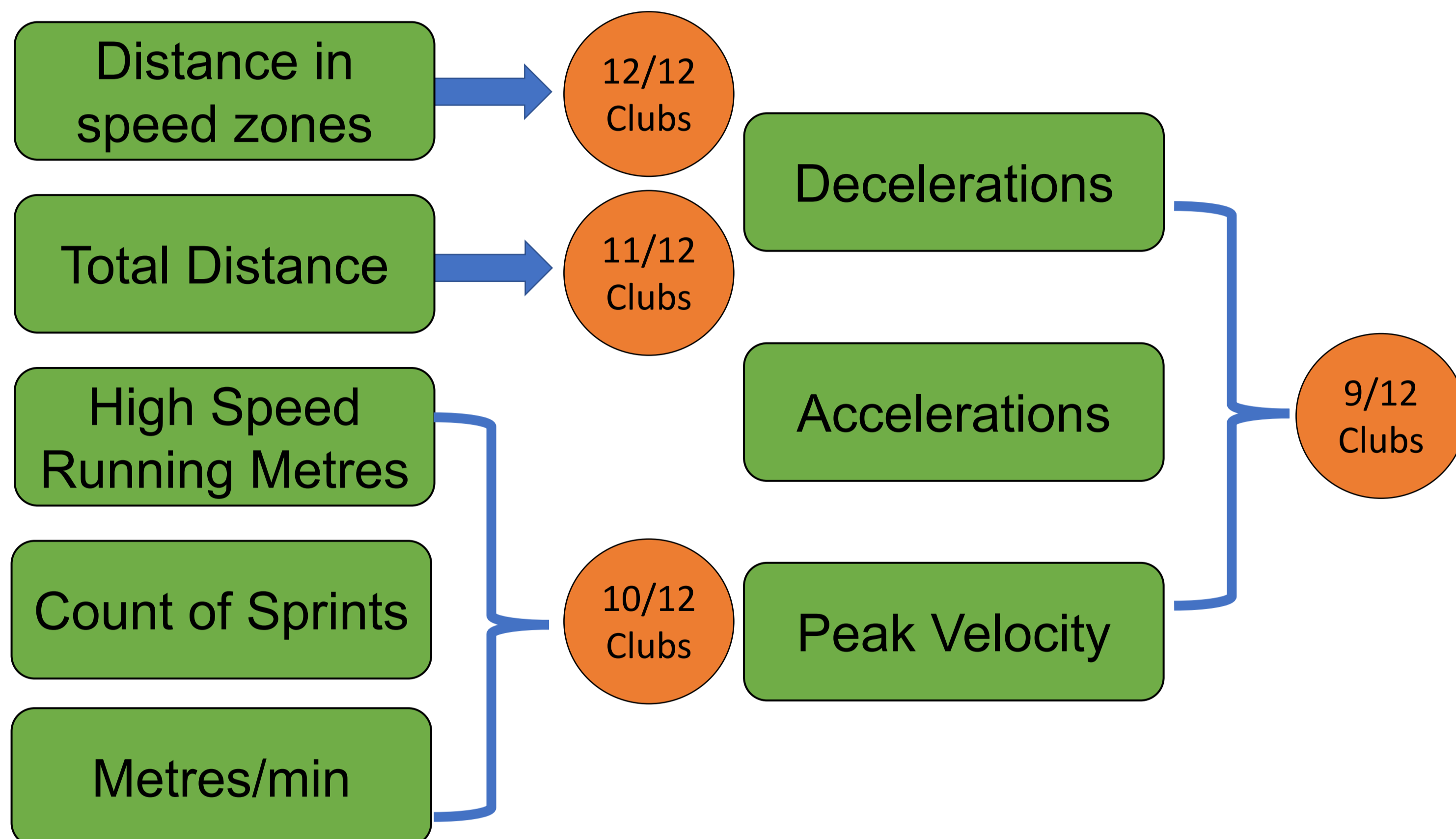
- All 12 Premiership Clubs
- Conditioning/ Sport Science Staff
- Average of 37 GPS units per club (SD:10)
- Range of between 15 and 53 units per club

What did we find?

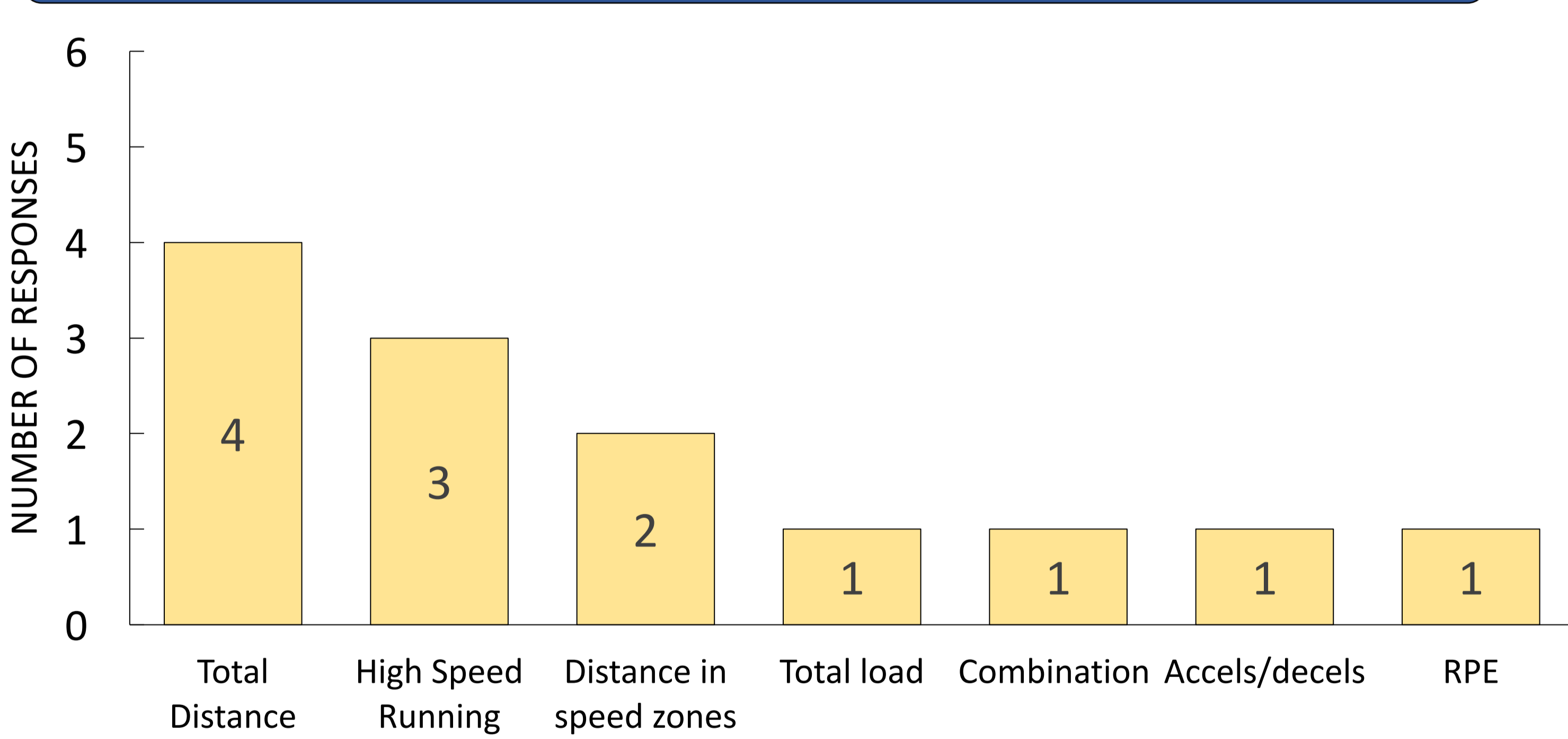
What measurements are the most valued in the management of individual injury risk (The lower the score, the higher the value)



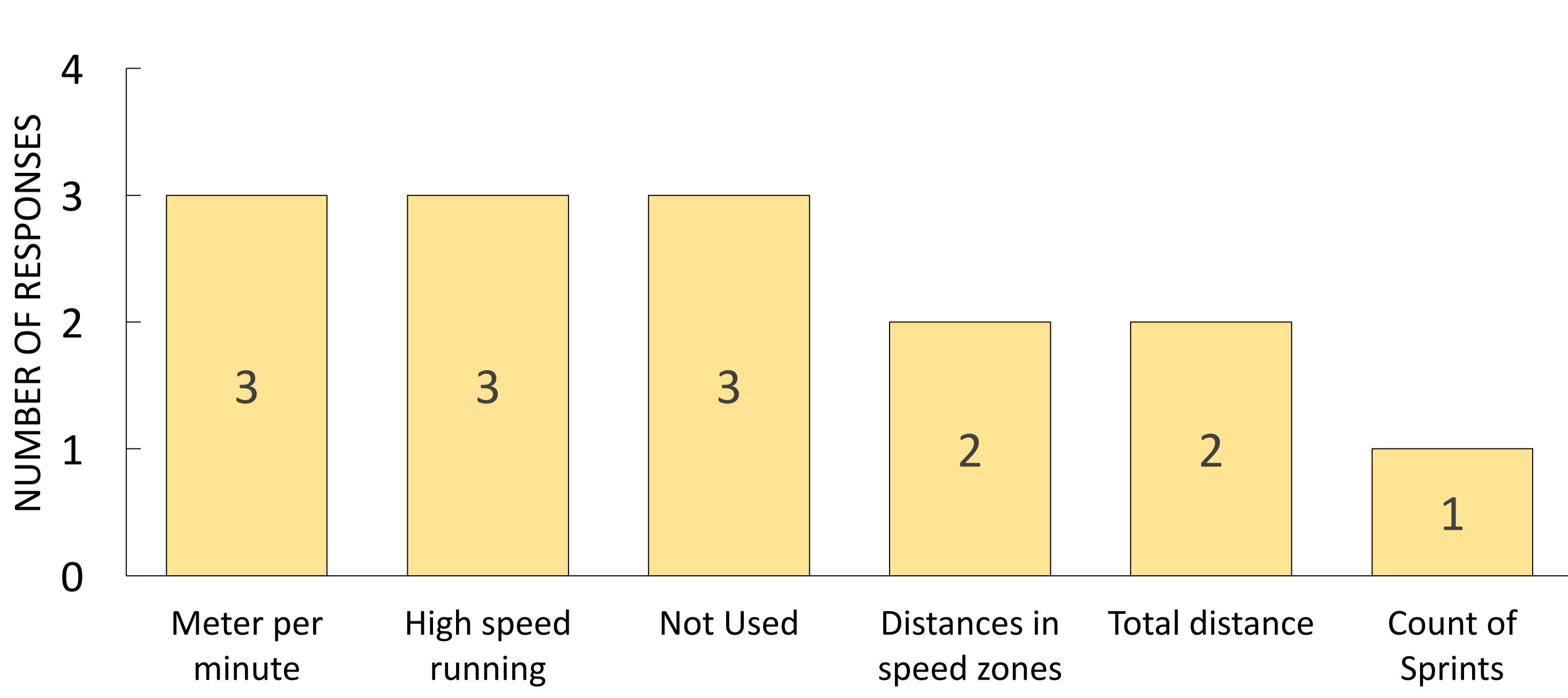
What are the most commonly collected variables?



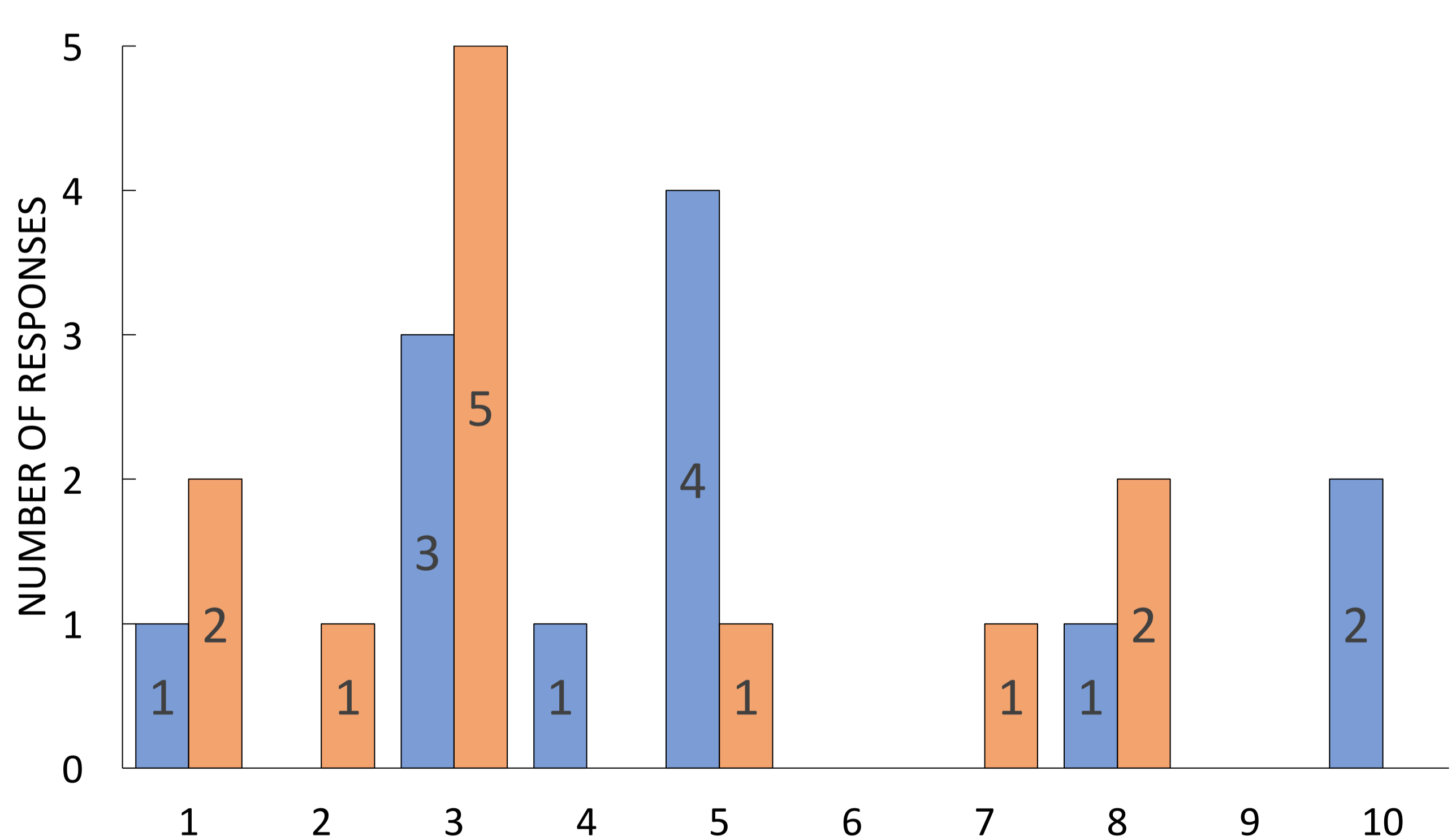
Most important GPS variables for managing injury risk



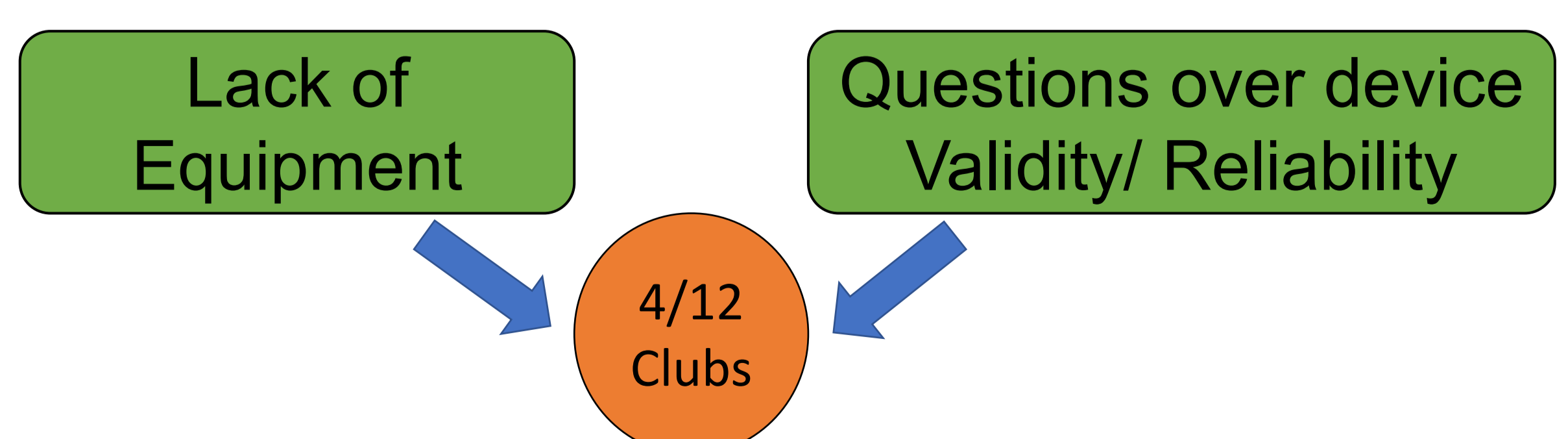
Most important GPS variables for measuring performance



Value placed on GPS for individual performance measurement (blue bars) and injury risk management (orange bars), with a value of 1, being "highly valued" and 10 being "not at all valued"



Biggest barriers to GPS use?



World Rugby Science Network Live Conference 2017 | Bath, 12th September 2017

CONTACT Stephen West | s.west@bath.ac.uk

@westy160991