

Asthma UK - out there and active campaign



Asthma UK Logo

"Asthma is often seen as a reason not to exercise or play sports. In fact, for most people with asthma, exercise and sport are good for their condition. We need to break down this barrier and encourage people - particularly children – to become more involved in sports, take more exercise and lead a healthier lifestyle. Rugby can play its part in tackling asthma by encouraging people with well controlled asthma to get involved, and by providing a safe environment in which they can play and train, from grassroots clubs up to the England Team." **Dr Mike England, RFU Community Rugby Medical Officer**

The RFU have worked with [Asthma UK](#) to produce a factfile to help support children and young people with asthma to achieve their full potential. Many coaches and youth club organisers are worried about working with children with asthma as they are worried about the effects of asthma medicines and the risk of an asthma attack. By following the simple steps in this factfile you will enable any child with asthma to participate as much as they are able and give them the confidence that they are being looked after by an informed professional.

[Asthma UK rugby Factfile](#) web link

[Asthma UK rugby Factfile](#) pdf file