

# THEORY OF CHANGE

Rugby's Caring Hands

RECIPIENT DEFINITION: A recipient of the Players' Fund (TPF) is a rugby player who has suffered a catastrophic injury, such as spinal cord damage resulting in paralysis, during a rugby match. These individuals receive financial, medical, and emotional support from the Fund to help them navigate the challenges of living with a life-changing injury. The Fund provides assistance for their rehabilitation, home modifications, medical equipment, and overall well being, ensuring they have the necessary resources to maintain a quality of life and reintegrate into society.

**FOCUS AREAS & ACTIVITIES** 

#### **IMMEDIATE OUTCOMES OUTPUTS**

(<12 MONTHS)

#### **INTERMEDIATE OUTCOMES**

(12 - 36 MONTHS)

**TARGET OUTCOMES** (36+ MONTHS)

**IMPACT GOALS** 

## CARE

- Provision of mobility equipment.
- · Accessibility and safety modifications to home
- · Medical consumable allocations.
- · Secondary rehabilitation including functional recovery, adaptive strategies, and psychosocial support.
- · Partnering education and skills development journeys.
- · Personal care and wellbeing.
- · Financial support.



- Transport facilitation.
- Regular home visits, phone calls, and messages keep recipients connected and supported, with direct access to Players'
- medical appointments, and educational needs

- Recipients are provided with all the essential equipment they need for daily living.
- · Homes are adapted to ensure accessibility
- · Recipients receive crucial medical consumables to support their health and care needs.
- Recipients have access to vital outpatient treatments such as physiotherapy, biokinetics, & psychological care.
- Guidance is provided for daily personal care tasks and hygiene routines.
- Recipients are encouraged and supported to pursue their education and personal development.
- Financial support is available for living expenses, carers, assisted living, transport to

- Emotional Resilience: Psychological support and consistent communication reduce isolation and anxiety.
- Increased Independence: Recipients gain independence through access to essential equipment and modifications.
- · Enhanced Safety and Comfort: Home adaptations create safer and more accessible living environments.
- · Improved Physical Health: Regular therapy and medical care improves physical recovery and rehabilitation.
- · Improved Quality of Life: Personal care assistance enhances recipients' well-being and daily living conditions.
- · Educational Continuity: Ongoing support enables recipients to continue their education without disruption
- Financial Relief: Financial aid provides immediate relief for living expenses and transport needs.

- Emotional Resilience: Recipients develop strong coping skills, leading to greater emotional wellbeing.
- · Sustained Independence: Recipients manage daily tasks with minimal support, promoting long-term self-sufficiency.
- · Continued Safety and Comfort: Adapted homes provide lasting safety and mobility.
- Improved Physical Function: Recipients experience enhanced mobility and physical strength, increasing autonomy
- · Increased Social Participation: Recipients engage more in social, community, and vocational activities, rebuilding connections.
- Educational and Career Progress: Recipients advance in education or explore new career opportunities, fostering growth.
- Financial Stability: Recipients achieve greater financial security, enabling independence and access to necessary resources.

- Long-Term Independence and Mobility: Recipients achieve autonomy in daily life. maintaining physical health and mobility with minimal assistance.
- Sustained Safety and Wellbeing: Recipients live in safe, accessible environments, enjoying emotional stability and wellbeing.
- Community and Social Integration: Recipients are fully engaged in social, community, and vocational activities, fostering meaningful connections and active participation.
- **Educational and Financial Independence:** Recipients complete education, pursue fulfilling careers, and achieve sustainable financial independence for long-term stability.

## Empowered, Fulfilled, **Independent Lives:**

Recipients achieve autonomy, living safely and independently with sustained physical and emotional wellbeing. They are fully integrated into their communities, actively participating in social and vocational activities, while achieving educational and financial independence for lasting stability and fulfillment.



#### **Global Advocacy for Safer Rugby:**

Through proactive advocacy, intervention, and leadership, the Players' Fund fosters a safer, well-informed rugby culture, influencing safety practices across South Africa and internationally to reduce catastrophic injuries in the sport.



# **PREVENTION**

- Co-founders of the BokSmart National Rugby Safety Program.
- Data collection for all catastrophic Injuries to support research and insights.
- · Education and Awareness Campaigns.
- Rehabilitation and Injury Management Guidance.
- Collaboration with Rugby Governing Bodies and International Charities.
- · TPF actively encourages all coaches, referees, medical service providers, players, and other stakeholders to be BokSmart certified.
- · TPF collects and reports on injury data, which in turn supports research into injury trends, prevention methods, and safety measures, and uses data to refine safety interventions.
- · TPF advocates for and supports the presence of trained medical staff at matches and training to provide immediate care.
- · TPF offers resources, guidance, and support to players, families, coaches, and medical staff on injury management and post-injury care to reduce long-term impact.
- TPF works with local and international rugby governing bodies to advocate for and implement safety-focused policies

- Increased Rugby Safety Protocol Awareness: There is an increase in awareness and understanding of the BokSmart rugby safety initiatives among players, coaches, medical service providers and other stakeholders.
  - Decrease in Catastrophic Injuries: The increased awareness of the BokSmart protocols and the Rapid Reduction Technique leads to fewer instances of catastrophic injuries.
  - Injury Pattern Insights: An enhanced understanding of injury patterns is developed through comprehensive data collection, providing insight into key risk factors.
  - Increased Medical Presence: Increased availability and awareness of medical resource requirements at all levels of rugby.

- Evidence driven safety measures are introduced, leading to improved injury prevention strategies based on injury trends.
- Injury Reduction: Implementation of safer playing laws, strategies and techniques leads to a measurable reduction in catastrophic injuries.
- Improved catastrophic injury outcomes through adherence to best practice on field management and better access to medical support.
- Improved compliance with all safety regulations, leading to a measurable decline in catastrophic injuries.
- Continuous refinement of safety protocols through ongoing research and data analysis, resulting in a sustained reduction in catastrophic injuries.
- A culture of safety, injury prevention, and player welfare embedded in the rugby community, leading to a long-lasting reduction in catastrophic injuries.
- Sustained reduction in catastrophic injury severity as a result of effective injury management.
- Players experience sustained long-term physical health and function due to effective medical intervention and rehabilitation.

# **FUNDING**

- Engaging businesses and corporates to provide financial sponsorships
- Applying for grants from institutions, foundations, and government bodies.
- Cultivating relationships with individual donors through appeals, newsletters, and personal outreach.
- Running campaigns through platforms like GivenGain, social media, and other digital avenues to encourage public
- Hosting golf days, dinners, auctions, and other fundraising events to raise money and increase awareness.
- Selling branded merchandise to generate funds

- · TPF secures new or renewed financial commitments from businesses and sponsors.
- · Grant funding is received from foundations
- · The list of engaged individual donors increases and donations from individual contributors are received.
- · Our Support Squad participates in events to fundraise for the Players' Fund.

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- Income and awareness are generated through hosted fundraising events Income is generated from selling branded
- Increased Financial Stability: Sufficient funds are raised to cover immediate needs such as mobility equipment, medical consumables, home modifications, and rehabilitation for recipients.
- Improved Awareness: Increased visibility of TPF and its mission through events, corporate partnerships, and public campaigns.
- Expanded Donor Network: An increase in individual donors and corporate sponsors showing immediate interest in supporting the cause.
- Immediate Care Provision: Enhanced capacity to provide urgent support to recently injured players, such as purchasing equipment and providing medical assistance.
- Ongoing Financial Security: TPF maintains a stable flow of funding, ensuring ongoing support for recipients and new injury cases.
- Stronger Corporate Relationships: Deeper engagement with corporate partners, leading to multi-year sponsorship commitments or large financial contributions.
- Broadened Public Support: An expanded and more engaged public donor base, with a growing number of recurring donors.
- **Enhanced Program Capacity: Increased** capacity to support a larger number of recipients and expand services offered.

- Financial Sustainability: TPF achieves long-term financial sustainability, enabling continuous support for all current and future recipients.
- **Endowment or Reserve Funds: Endowment** or reserve funds are sufficient to provide long-term financial security and support.
- Increased Influence in Rugby Safety: The Fund's visibility and financial resources allow it to take a more active role in advocacy, influencing rugby safety policies and standards globally.
- Comprehensive Support for Recipients: The Fund expands its scope to provide holistic, long-term support, including career training, financial assistance, and community integration for injured players.
- **Excellent Care:** Current and future recipients receive ongoing, excellent care from TPF.

### **Sustainable Support and Advocacy:**

The Players' Fund achieves financial sustainability ensuring continuous, excellent care and holistic support for all recipients. This empowers the Fund to lead in rugby safety advocacy while expanding its capacity to provide comprehensive assistance, including career development and financial aid.

