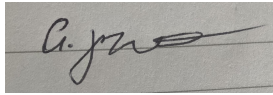
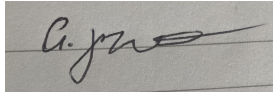
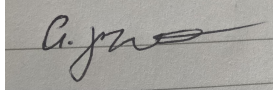
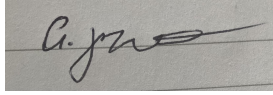
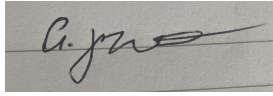
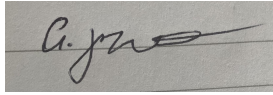
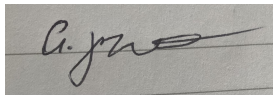
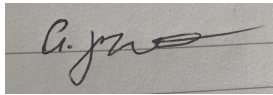
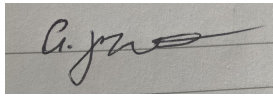
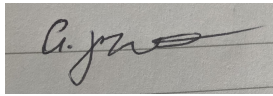
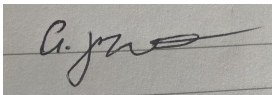
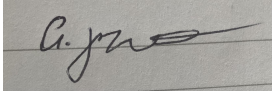
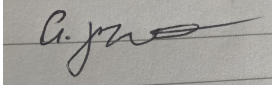
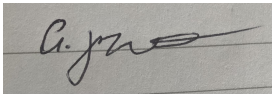
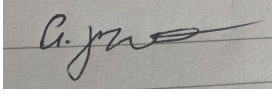
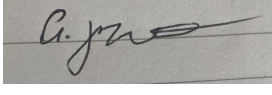
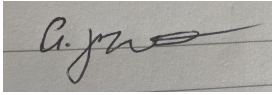
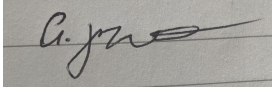
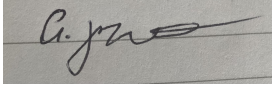
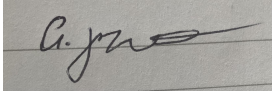
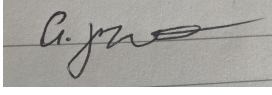


Paignton RFC - RISH01 Placement Hours

(Total hours = 88 hours)

Date:	Hours:	What was done:	Signed:
24/05/2021	4 (4)	Induction to the club and the players including policies and procedures.	
27/05/2021	3.5 (7.5)	Gaining a baseline level of the players fitness and any pre existing injuries	
31/05/2021	4 (11.5)	Providing STM for players during training session	
03/06/2021	3.5 (15)	Strength and conditioning prehab planning	
07/06/2021	4 (19)	Strength and conditioning session - joint led	
10/06/2021	3.5 (22.5)	Injury assessment and STM - pre match prep	
12/06/2021	5 (27.5)	Friendly - pre season Pitchside and pre match care/taping and post match care	
14/06/2021	4 (31.5)	Post match analysis and reflection Treatment/assessment of any injuries picked up from Saturday's game	
17/06/2021	3.5 (35)		
19/06/2021	5 (40)	Friendly - pre season Pitchside and pre match care/taping and post match care	

21/06/2021	4 (44)		
24/06/2021	3.5 (47.5)		
26/06/2021	5 (52.5)	Friendly - Pre season Pitchside and pre match care/taping and post match care	
28/06/2021	4 (56.5)		
01/07/2021	3.5 (60)		
03/07/2021	5 (65)	Friendly - Pre Season Pitchside and pre match care/taping and post match care	
05/07/2021	4 (69)		
08/07/2021	3.5 (72.5)		
10/07/2021	5 (77.5)	Friendly - Pre Season Pitchside and pre match care/taping and post match care	
12/07/2021	4 (81.5)		
15/07/2021	3.5 (85)		
16/07/2021	3 (88)	Friendly - Pre Season Pitchside and pre match care/taping and post match care	