MY POST RWC 2023 PLAN

No matter how big or small, it helps to have a plan for after the Rugby World Cup. It may be as simple as planning a holiday, or a more detailed plan like moving to a new country to play, or indeed deciding to retire from the game. It may be helpful to set an intention for

- The first 3 days: e.g., return home and see family.
- The first 3 weeks: e.g., go on holiday
- The first 3 months: e.g., return to full training and competition

YOU MUST TAKE FULL RESPONSIBILITY AND FULL POWER FOR YOUR ACTIONS.

What is my post World Cup plan?

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BEING AWARE:
WHAT WORKS FOR YOU

Take out a piece of paper and jot down your answers to these questions.

What has worked for you in the past?

- When sleep is poor?
- When stressed?
- When injured?
- When selected/de-selected?
- When bored?
- When feeling under pressure?
- When missing home?
- When you need to relax?

Who will you call/who will support you? (Teammate, PDM, family, friend etc.)

- On your best day
- On your worst day
- When you need to focus
- What do you want to happen if someone at home is ill?
- Do the right people know what you want to happen?

What do you need to do/bring to support yourself?

e.g., Apps/journal/time to facetime etc.

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THINGS TO CONSIDER

- Do you have a family at home?
- Things to consider/discuss with your partner before you go:
    - Are you missing any big family celebrations e.g., birthdays, anniversaries?
- Will the weather be different from normal conditions?
- Have you experienced something similar before?
- Do you have an emergency contact number?
    - Cell phone emergency: 112
- Are there financial implications for travelling?
    - Claiming back tax when playing abroad?
- Are you going to use social media before/after games?
- Do you have 2FA (two factor authentication) on all your social media accounts?
- What WIFI access will you have?
- Use security measures that are made available to you for your passport, money and valuables.
- Do you have a good sleep routine?
- Sunscreen!