**Results** Overall, the survey has a high internal consistency (Cronbach’s α= 0.742). Some sections require a further factor analysis, such as current health outlook, (KMO<0.823, p<0.001) and reasons for risk-taking (KMO<0.604, p=0.003). Some sections indicate the requirement for a larger sample size for further validation, such as safety consideration for other players (KMO<0.48, p<0.001). The participants’ qualitative comments on the viability of customising OSH concepts to sports context was also considered to refine the survey. Most players indicated a better understanding of risks relating to themselves than risks relating to opposition players.

**Conclusions** Such a survey enables the measuring of athletes’ safety and risk awareness level, which could possibly point the way forward for its application in a wider range of sport settings internationally for improving athletes’ long-term health and wellbeing.

**Background** In rugby union and sevens, the tackle is the most frequently occurring contact event and carries the greatest risk of causing injury. Proper tackle technique has been shown to reduce the risk of injury during the tackle and increase likelihood of success. As such, national rugby injury prevention programmes aim to provide coaches, trainers and players with knowledge of proper tackle technique. This knowledge is intended to modify players’ behaviours towards safety in the tackle, and ultimately improve their tackle technique in training and matches.

**Objectives** To determine the association between knowledge of the importance of proper tackle contact techniques and actual proper tackle contact technique for injury prevention and performance.

**Design** Cross-sectional study design.

**Participants** Fifty-three (n=53) academy rugby players participated in this study, and a total of 211 tackles were analysed.

**Assessment of Risk Factors** Knowledge and attitudes of proper contact technique for injury prevention and performance for both the ball-carrier and tackler were determined using a questionnaire. In training, players performed four ball-carries into contact and four tackles using a validated tackle drill. Thereafter, technical proficiency for the ball-carrier and tackler were scored using a standardised technical criteria.

**Main Outcome Measurements** Knowledge and attitude score for proper tackle contact technique for injury prevention and performance, technical proficiency score for the ball-carrier and tackler.

**Results** No association was found between player knowledge of the importance of techniques and actual tackle contact technique in training for both injury prevention (tackler r=-0.02, p=0.90; ball-carrier r=-0.26, p=0.06) and performance (tackler r=0.02, p=0.86; ball-carrier r=-0.13, p=0.38).

**Conclusions** This study reveals the gap between players’ declarative knowledge of safe and effective techniques and their procedural knowledge of how to execute proper techniques. This gap supports the argument that injury prevention programmes should not be limited to educational strategies only, and should include practical coaching components.