



Minis, Juniors and Colts - Welcome

A very warm welcome to West Bridgford Rugby Club. This document has been put together by our club safeguarding officers, team managers and coaches to tell you about our club, what you can expect for your son / daughter, and what your responsibilities are.

You may be joining at the beginning of the season, halfway through, or simply want to try a couple of 'taster' sessions. Rugby is a fantastic sport for children and young people of all shapes and sizes which keeps them fit, teaches them about teamwork, and most of all is great fun. Many of our children/young people stay with us for years because of their friendships and transfer into adult rugby.

What happens at the club?

Mini and junior training and matches take place on a Sunday morning. Training normally starts at 10.30am and finishes at 12.00 midday. In cold or wet weather training may stop before this scheduled time and exceptionally cancelled. The older age group teams train on a weekday evening too. Please check with your team manager, administrator or coaches what time they will be training, and about matches and tournaments, which can last longer. Your age group will have a team pledge, which will tell you information about your coaches and volunteers

The club is affiliated to the English Rugby Football Union (RFU). All the club coaches are Rugby Football Union appropriately qualified for the age group they lead. To share the workload there are also other volunteer roles described including team Managers, administrators, coaches, fundraisers, tour manager etc.

Your child's/young persons safety is paramount, the first port of call is the Team Manager but we also have a Safeguarding Officer. Where necessary Disclosure and Barring Service (DBS) checks are in place. The Club has Children and Young people protection policy and guidance documents, these are available on our Club Website. The RFU also provides information on their website.

When your child/young person joins the Club you will be asked to give information about your child (similar to that which you provide for your child's school) and your contact details. This is for their safety and your peace of mind. The children train and play matches in their school year age groups. They are not permitted to play children out of their age group without permission from the club.

As well as training, games are played home and away. A fixtures list is available from your team manager. This can change through the season (mostly because of the weather!) but your team manager will let you know what is happening. Food is normally provided for travelling teams and available to purchase during training and home matches.

The club has a team strip that you can buy throughout the year, ask your coaches. This need not be bought until you're sure he/she is going to persevere.

What is expected of you as Parents and Carers?

Please make sure your child is properly dressed with a change of clothes (or jacket) and footwear, especially if it is wet. Please do not let your children play with clothes that have zips or boots with sharp studs. Children need to drink when exercising – they should bring water or juice. Mouthguards are recommended at all ages, but are mandatory for both training and games in the Under 9's and over (with introduction of contact). We suggest you get a spare as they are easily lost! Rugby head guards are available and children/young people are welcome to wear them if that's your choice but they must be approved by a relevant rugby board, a label will show this, and you can check with the retailer.

You **MUST** make sure the team manager / administrator of your child/young person's team has your up-to-date telephone number, and other emergency contact numbers. For children up to and including Under 8s, you are expected to stay during training, or to make sure another named and aware adult is looking out for your child. If your child is in an older age group and you're not staying please let your coaches know and identify who is the adult looking out for your child. Please be available to pickup your child promptly when training finishes.

It is up to you to organise lifts for your child/young person to and from the club and for away matches. Most parents sort this between them, but when you are new to the Club, your team manager / administrator may put you in contact with other parents. It is not the responsibility of the Club to ensure your child/young persons safety regarding any form of transport.

Please set a good example to the children/young people by your behaviour and support the coaches (who are all volunteers) in following the laws of the game, the rules of the club, and the spirit of rugby. Please respect the referee and opponents – without whom there would be no game. Encourage but do not berate or belittle your team or the opposition. The Club will not tolerate abusive or foul language. Non Players **MUST NOT** encroach onto the pitch without permission from the Referee.

You are very welcome to join in the social events organised for children and parents. The club has raised funds to improve our facilities; this will continue to ensure maintenance is funded. These activities are great fun. Look out on notice boards and website.

And finally

Many of you who read this may have already been with the club a while. Please welcome new parents/carers and their children. There are many club policies and procedures that the club has to have in place, but the one most important to all of us is for the welfare of children and young people. If you have any concerns please speak with your coaches or the Safeguarding Officer in person or by phone or email. See the website for contact details.

If you are interested in supporting the Club as a volunteer please don't hesitate to ask, the club would not run without the commitment of our volunteers, and there are many ways you can be involved. You do not need to help every week. If you have any queries please talk to your Team Manager or Administrator

More information can be found on the West Bridgford Rugby Club Website
<http://www.pitchero.com/clubs/westbridgford>

More general information about rugby can be found on the RFU website
<http://www.englandrugby.com/my-rugby/>

Policy updated and approved by the Executive Committee on February 2020