



## **Family and Youth Players Welcome Pack**

This pack has been prepared and issued by Burnham-on-Sea Rugby Football Club to demonstrate its intention to create a safe environment that will enable young people to enjoy the game of Rugby and fully develop their potential within the sport.

If you have any questions, please speak with one of the coaches in the relevant age group or any club official. Details of club officials are shown on the website.

### **Subscription Rates**

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|--|--------|
| • One playing member (includes family) | £75.00 |
| • Additional playing family member     | £15.00 |

### **Payment**

- Cash or cheque.
- Cheques payable to **BoSRFC**. Please identify players on reverse.

### **Forms to be completed**

- RFU Youth Player Registration Form **if not filled out last year.**
- BoS Junior R.F.C. Membership Application Form

### **Photographic ID Cards – if not provided the previous year**

- Please provide **TWO** passport-sized photographs to be used for the cards. These should be GOOD QUALITY, and a RECENT IMAGE. Please write the child's NAME and AGE GROUP on the reverse side.

# **Parents & Spectators Code of Conduct**

Rugby is a physical game and a primary value is one of respect for one's opponents, team mates and officials. Fair play and sportsmanship are a fundamental part of the game which, for the vast majority, remains a sport played for enjoyment. Please take the time to read and understand the following points:-

- Do not force an unwilling child to participate. Always remember that children play rugby for their own enjoyment, and not that of their parents.
- Encourage your child to understand and play within the rules.
- Taking part and trying your best are more important than winning. Focus on the player's efforts, rather than winning or losing.
- Acknowledge effort and good performance rather than 'to win at all costs'.
- Be realistic about the player's abilities; do not push them towards a level that they are not capable of achieving.
- Focus your child on practising their skills, sportsmanship and being part of a team.
- Support and encourage your child, never criticise them for making mistakes, but encourage them to try harder next time.
- Provide positive feedback, both during training and during matches. Remember that persistent negative feedback may affect a player's performance and attitude.
- Encourage your child to play by the laws and the rules of the game.
- Always show appreciation of good play by all players both from their own club and the opposition. Remember that young people learn by example.
- Always respect and back up decisions made by the match officials, they are volunteers, even if they appear to make a mistake, and encourage the players to do likewise. Remember, they are providing an opportunity for players to play Rugby.
- Never verbally abuse or publicly criticise young players, match officials, fellow spectators, or any of the coaches.
- Never enter the playing arena before, during or after a game except at the invitation of the referee. This applies to all parents and spectators
- Always support the Club in their efforts to eradicate Loud, Course and Abusive behaviour from the Game.
- Be familiar with the coaching methods and training programme in order that your child is involved and that the coaches are aware of their availability.
- Turn up on time with the appropriate kit. This should include warm and wet weather clothing, appropriate to the time of year and ensure your child has a drink with them.
- Be prepared to get involved and help out if asked.
- Your child must be accompanied at all times by yourself or a designated guardian. Coaches are only responsible for players within the immediate playing/training area for the duration of the session. They cannot be held responsible for the safe keeping of an individual at any other time.
- Support your coaches - they are giving up their time to train your child. If you have any issues with the way a coach is performing, talk to them first.
- Qualified first aid coaches are available. If a child is hurt call a qualified first aider. Do not attempt to move or interfere with the player.
- Enjoy the day and transmit that enthusiasm to all the players.

## **Medical or Other Conditions**

- Parents must notify the coaches of any medical condition or illness that may affect a player, e.g. asthma, diabetes, hay fever, attention deficit disorder, epilepsy, etc. Please ensure that you bring any medication that a player may have been prescribed such as an asthma inhaler, hay fever medicine, etc

## Good Player's Code of Conduct

- Play because you want to, not to please your parents or coaches.
- Recognise and appreciate the efforts made by the coaches, parents, match officials and administrators in providing the opportunity to play the game and enjoy the rugby environment.
- Always try your best to improve your skills and play well.
- Remember that skill development, fun and enjoyment are the most important parts of the game.
- Be attentive at all training and coaching sessions.
- Do not talk when the coach or referee is talking. Make sure you listen so you know what to do next.
- Play within the rules and laws of the game. No rules no game – don't cheat.
- Never argue with referees or coaches – their decision is final.
- Rugby is a team game, take pride in your team, help others and do your best.
- Do not show off, lose your temper, pick on other players or misbehave.
- Control your emotions. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is not acceptable.
- Respect good play from your opponents and your own team.
- If you lose, accept it with good grace and try harder next time. Win with dignity.
- Help team mates, opponents, coaches and officials – you can't play rugby on your own.

## Good Coaches Code of Conduct

- Promote the core values of rugby: - **Team Work, Respect, Enjoyment, Discipline and Sportsmanship.**
- Coaching should be fun for all in practice and games.
- Coaching will be organised with an established structure for the season, prepare a coaching plan for each session and have the appropriate kit.
- Understand that most learning is achieved through doing.
- Appreciate the needs of the players before the needs of the sport.
- Be a positive role model.
- Young players should not be overloaded with demands, technical information and tactics. Be mindful you are coaching children and they are playing rugby for fun.
- Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
- Provide rugby experiences which are matched to the players' age and abilities, as well as their physical and behavioural development.
- Players will be taught to enjoy taking part and performing to the best of their ability. Encourage each player to reach their potential.
- Keep winning and losing in perspective. Encourage players to behave with dignity in all circumstances.
- Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
- Ensure players develop an understanding of the rules and laws of the game, that they respect opponents, team mates, coaches and officials.
- Respect all referees and the decisions they make and ensure that the players recognise they must do the same.
- Coaches will not enter the playing arena during a match unless specifically invited to do so by the match official.
- Ensure all players are coached in a safe environment, with adequate First Aid readily to hand.
- Recognise that players should never be exposed to unacceptable risk of injury.
- Never allow a player to train or play when injured.
- Try to keep the parents informed and make them feel involved.

- Ensure that your knowledge and coaching strategies are up to date and in line with RFU philosophy.
- Coach to the rules laid down in the Rugby Continuum and keep updated on rule changes.
- Be aware of and abide by the policies and procedures outlined in the policy and procedures for the Welfare of Young People in Rugby Union.

## **Good Referee's Code of Conduct**

- Referee by the laws of the game and explain decisions quickly and concisely.
- Be fair to both teams.
- Never argue with players, coaches or spectators. It delays the game and reduces your credibility.
- Encourage good play by preventative refereeing and warn players to avoid penalty situations.
- Be in command of your voice and actions.
- Recognise player's ages and abilities and understand what they are trying to achieve.
- Hold a pre-match briefing with both sides. Include captains, coaches and front rows to establish timing, expected standards of behaviour and substitutes.
- Identify where and who the trained medical staff are before kick off.
- Talk to players, coaches and parents after the game as some of them might learn something from you.
- Accept constructive criticism as you might learn from them.
- Refereeing is fun, smile and enjoy the experience.

## **Club Policy on the wearing of Safety Equipment for Junior Age Groups**

It is the policy of Burnham-on-Sea RFC that players in the Mini and Junior sections follow the guidelines laid down by the Rugby Football Union (RFU) in the Rugby Continuum.

- For all players involved in the game, the RFU strongly recommends the wearing of mouth guards in case of accidental collision. Ideally mouth guards should be custom made from a dental impression of the teeth. The RFU also strongly recommends the wearing of shin guards. We also strongly recommend the wearing of head protection in case of accidental collision.
- Worn, chipped and damaged studs with jagged edges can cause serious injury to players, and therefore boots must be examined regularly and missing studs replaced. Nylon studs are not accepted under any circumstances.
- Any other protective equipment must conform to kit which is approved by the IRB (International Rugby Board) as per the laws of the game.

It is the sole responsibility of parents/guardians to ensure that the players abide by the recommendations of the RFU as detailed above.

## **General**

- The Club is run and maintained by volunteers. We are very keen for as many people as possible to get involved, with coaching, on the committee or even the shop. Whatever your skills, we really would appreciate your help.
- Some second-hand kit is available from the Shop and unwanted boots and kit in reasonable condition are always gratefully received. The Shop is open most Sundays during the season in the storeroom where kit may be ordered and purchased.
- Teas, coffee, bacon rolls etc are available in the upstairs bar on training and match days.
- Please ensure that your child comes prepared with suitable clothing and is on time. Training starts at 10am on Sunday mornings. Club shirts will be provided on match days only.
- Players are reminded that those in dirty kit or with dirty hands will not be allowed in the upstairs bar. Showers are provided in the new changing rooms and children are encouraged to use the facility after training and matches.
- Parents are requested not to enter the changing rooms before or after training and match days.
- Dress code for playing matches is Club shirt, white shorts and blue and white socks.
- After matches, home or away, a white shirt with club tie and trousers should be worn.