



Welcome everyone to the new 2020/21 season at Newport Salop RUFC

I know this year has been an extremely turbulent one so far! But with the return to playing Rugby we hope to offer at least some form of normality for all our families and the chance to unite, all be it safely, on Sunday mornings and enjoy the facilities of the club and the camaraderie of our great game.

Normally you'd be reading this in a printed booklet, however I feel that the safest way to communicate this year is electronically. But please read all the information in this document as I have used it to bring together all that you need to know about how we aim to operate, specifically at the start of the season which will be different to how we have run things in the past.

Registration:

Sunday the 6th of September.

This year we are having a registration Sunday with no training and with each age group timetabled as follows:

- 9am to 10am, Micros, Under 7s and Under 8s.
- 9.30am to 10am, Under 8s and Under 9s.
- 10am to 10.30am, Under 10s and Under 11s.
- 10.30am to 11am, Under 12s and Under 13s.
- 11am to 11.30am, Under 14s and Under 15s.
- 11.30am to 12pm, Under 16s and Colts.

We will have forms on the day however alongside this document I have sent out a registration form. PLEASE PRINT THIS AND BRING IT FILLED IN WITH YOUR PAYMENT AT THE ALLOCATED TIME.

If you do not register on this Sunday there will still be opportunity to do so in September but we'd encourage you to do so on the 6th. I'd also encourage this so you understand the measures we have put in place for everyone's safety and see how things will work within the club and take the opportunity to ask any questions prior to commencing training on the 13th.

Nat West Rugby Force Day September the 6th.

Alongside registration we are running our Nat West rugby force day where you and your child can get involved in some volunteer work in and around the club. When you come to register you will be able to bring your child and they can spend some time

with their coaches and seeing their friends again and doing small jobs like weeding/litter picking etc.

You can see details on this on the facebook page.

<https://en-gb.facebook.com/NewportSalopRFC/>

Training will begin on Sunday the 13th of September.

New times for training:

Micros and Minis, 9am till 10.30am.

Juniors U12 – U16, 11am till 12.30am.

(Please see Pitch planner at the end of document for pitch allocation)

We have to adopt these times for at least the first few weeks in order to be COVID safe and keep numbers at the club in control.

We are operating within the published guidelines by the RFU. As we start the season we are in phase 'C'. When we move to the next phase we will review times arrangements in the club and we will let you know how that impacts you and your child. Keep up to date on this and other rugby news on the RFU website:

<https://www.englandrugby.com/home>

The below infographic shows the various return to rugby stages:



As soon as any changes take place we will be letting you know via our web site: <https://www.pitchero.com/clubs/newportsaloprufcjuniors> and through your team manager via e-mail.

Rules and Guidelines for COVID 19:

Firstly please take the time to come along to the club bar and see for yourself how the one way system works, how you can access the club, the bar and catering, the toilets etc. "Ports" the club bar, now run by John Watson and Anita Swindley is open Thursday evenings, Friday and Saturday afternoon and evenings and Sunday afternoons.

Again please attend registration at your allotted time and use this time to ask any questions you may have. We would ask that when bringing a child to training you:

- As much as often please have one parent/guardian accompany the child. We need to maintain distancing and reducing the numbers will make this easier.
- Please be punctual on both arrival and departure. Not too early also as this can cause congestion.
- Every child should bring their own drinks/water bottle and must now also bring with them hand sanitiser. There will be regular sanitising breaks in training activities.
- Most importantly if your child is showing any Covid symptoms then they **must not attend a training session.**
- If anyone in your household is symptomatic **you must not bring your child to training.**
- If anyone in your household is isolating through NHS track and trace **you must not bring your child to training.**
- There will be a register taken every week and this will be disclosed to NHS tracers if there is a related Covid case.

Again I'd encourage you to take the time to speak with myself or anyone else on the committee, your manager and coach if you have any questions or concerns.

Lastly I just want to reiterate my sincere welcome to every one of you whether you are returning or new to the club, here's to a full return to rugby and a fantastic season.

Yours in rugby

Phil Davidson
Minis & Junior Chairman

The following Information is all general and is for your reference. Obviously there will be restrictions in place as to what activity level we can engage dependant upon the current RFU Covid status as defined in the return to Rugby pathway. Also the times of training will be as stated above but will revert to those described below as and when we can safely do so. Where there is specific reference to playing under Covid restrictions I have highlighted these.

Playing Structure:

There is a set structure in place for Youth Rugby. The RFU (Rugby Football Union), the governing body, maintains control over the development of the game, its players and how it is played. The RFU provides laws and guidelines which lay down the ages at which tackling, scrums, lineouts and kicking can be introduced. The following is a guide to help you understand how the game develops at each age group:

Minis Rugby (U7s - U12s)



Mini Rugby is designed to introduce children to the basics of the game in a safe environment, and in line with their physical abilities and at their own pace – letting them run, chase, throw, catch and learn teamwork. Boys and girls play together and on an equal footing throughout the Minis. Teams are based on school years – note that this relates to the child's age on the 1st September. A summary of how the age groups are structured is detailed below.

Age on 1st September	School Year	Rugby Age Group
4 & 5	Reception & Y1	Micros
6	2	U7
7	3	U8
8	4	U9
9	5	U10
10	6	U11

Under 6s, 7s & 8s

These age groups play non-contact 'tag' rugby. The main aim is to develop the basic skills such as passing backwards, catching a pass, and running into space and of course, scoring tries! The players wear a belt with 2 velcro tags. A tackle is made when the opposition pull one of the tags off the ball carriers belt and calls "Tag!" Once the ball carrier has been tagged, they must attempt to stop immediately and pass the ball to a member of their own team before reclaiming their tag and then both players can continue with the game. There is no contact (tackling, scrums) or lineouts or kicking in these age groups. Under 6's are permitted to train with the U7's, but, are not allowed to play matches until their 6th birthday.

Under 9s, 10s , 11s & 12s

U9 rugby introduces tackling. Team size and length of game increases. The skills of rucking, kicking, mauling, scrums and lineouts are added each year; teams get bigger and so do the pitches.

Juniors and Colts Rugby (U13s - U18s)



Age on 1st September	School Year	Rugby Age Group
12	8	U13
13	9	U14
14	10	U15
15	11	U16
16	12	Colts

From U13's to U18's the players evolve into 15 a-side full contact games, putting into practice the skills and techniques taught through the minis development programme. There are some key rules relating to scrummaging and lineouts that are not permitted at the younger age groups and some that apply to adult rugby only.

Specific law variations can be found on the RFU website, however your age group coach will be able to explain the set of laws applicable for your child.

Safeguarding our young players

Ensuring young players feel safe and cared for is crucial for building a welcoming and positive player culture. It is important that parents feel able to work together with our body of coaches and club officials to achieve a young player focused context. Openness between coaches and parents is encouraged as we support young people's engagement in training and fixtures.

Rugby is a demanding sport, requiring significant personal and social attributes that support skillful play. Any contact between coaches and players will focus on technical support and care for their players. If parents are concerned at all about the actions of others towards any young player they should report these to the Newport (Salop) RUFC Safeguarding Officer.



<https://www.englandrugby.com/participation/playing/headcase>

Rugby is a Physical sport and we would recommend all parents visit the above website to find out more about concussion management and what to look out for. Any player with any symptoms should not be participating in training or matches. If in doubt sit them out!

The Playing Season

There will be training or competition every Sunday morning between 13th September and 2nd of May (weather and pitch conditions permitting) except for Christmas and Easter. The Fixtures and weekend training schedules are arranged and published in advance- see the Newport (Salop) website for details.

Short notice changes will be advised by the managers. Managers will also have a weekly newsletter so please ensure you get these by registering your e-mail address with your team manager.

Tours

Another integral part of rugby is touring. We pride ourselves on organising some of the best rugby tours at Mini and Junior level. Minis tour as a group, U7 to U12. Junior teams tour as a single age group. These will be some of the best weekends you will share as a parent and child with many happy memories. This year's mini tour committee is already hard at work. Tour dates and venues will be released in the next few weeks and will be communicated through your manager/ newsletter and website. (This will be at a time when we have more certainty, Last year's tour fell victim to the pandemic and we will certainly aim to make up for that disappointment when it is possible to do so.)



Kit

The Club shop has a range of Club kit. There is also a range of adult sizes available so that you can show your support for your players!

In minis each player should have a playing shirt, shorts, socks which can all be purchased through the club shop. We know some parents may find this a bit costly so each age group will always have a number of spare shirts for games.

In Juniors for each match the players will have a match shirt provided, we ask that they purchase shorts and socks from the shop.

In addition we need each player to have a mouthguard from U9 upwards. These can be bought from sport shops and fitted at home. Alternatively you can have one fitted by your dentist. Many sport shops offer a range of protective undergarments and headguards and these can be beneficial. However they are not compulsory and we leave the choice down to individual parents.

Boots can be moulded or with screw in studs. However screw in studs should be aluminium safety studs for rugby, again these are widely available in sports shops.

Winters can be cold and wet so please ensure your child has adequate clothing layers for the elements. From a safety point of view we ask that they do not do contact in zipped clothing. The club shop has a range of training clothing and can advise as to where else to source.

Registration, Medical Consent and Subscriptions.

All players are required to be registered with both the Club and RFU, the Club will inform the RFU of all registered players. Registration forms will be available from the club website and in the club shop.

Part of the registration process is the declaration of any medical conditions and or allergies. Please ensure this is filled in.

A new form must be completed every season to provide the managers, first aiders and coaches with up to date information on each player's medical and behavioural conditions and the consent to obtain medical assistance should the players be injured or taken ill. You will also be required to provide details of the child's current school as part of the safeguarding/ child protection policy.

Codes of Conducts

Commitment from parents and players is required and we ask that players attend every session, as far as possible. We encourage all parents to get to know their age group manager and coaches and please let them know if their child will be absent on any Sunday; coaches cannot prepare coaching sessions properly for matches if only half the players turn up on training days. When the team comes off the field, we want our children to be able to say "that was fun, we want to come back".

Players are encouraged to support each other (even when mistakes are made), to applaud opponents and to play with passion and pride but not to let this overtake into uncontrolled aggression.

This approach applies to all – players, parents, coaches and spectators alike. This is why we have codes of conduct, based on RFU guidelines and which parents can interpret as Club Policy. We ask that you become familiar with them and lead by example in your conduct.

Player Code of Conduct

- Play for fun – not just to please your parents and coaches.
- Play to the rules. Don't cheat.
- Don't argue with the referee. Referees will not change their decision and they might penalise you or your team for doing so. Remember that the referee is a volunteer and that the game cannot happen without them! Control your temper – and your mouth. Lose your head and your team loses a player.
- Never give up. Always give your best. The game is not over until the final whistle.
- Be a good sport. Recognise good rugby and learn from it, even if it comes from the other side.
- Improve your skills. Work hard at training – if you play better your team will do better.
- Don't be selfish. Co-operate with your team. Teams win, not individuals.
- Don't show off – even when you've scored.
- Be a team player – encourage your team mates, play by example DON'T put them down. Remember the opposition wear different colour shirts!

Parent & Spectator Code of Conduct

- Never force a child to play rugby, always remember children should play for their enjoyment not yours.
- Applaud good play, from both sides – children learn best by example.
- Have respect for the decisions made by the match officials by not publicly questioning the referee.
- Don't get into arguments with opposition parents – it can lead to bad feelings between clubs and lost fixtures.
- Never go onto the field of play – stay off the pitch otherwise you may face Club/RFU discipline.
- Never shout at a player for making a mistake. Never ridicule a player regardless of the team they play for.
- Teach your child that victory isn't everything – playing as well as you can is the most important. There is no disgrace in defeat if you have tried your best.
- Recognise the value and importance of all officials - managers, coaches and referees: They give their time and resources freely to provide rugby for your child. Please encourage your child to listen and follow the coaching sessions.
- Parents must let the Manager know if their child is leaving early/being collected by another adult.
- In the Minis, a parent must stay for the training session or match. This is both beneficial for the child and the Club Officials. If you are unable to stay, you must ensure that you have nominated a suitable adult to be responsible for your child and that the Manager has been notified. A coach or manager is not suitable for this role.

Fund raising

- Part of being a club is always looking at ways to raise funds to invest in our facilities and give the best experience for our young players. Registration fees are relatively inexpensive, particularly when you compare with other sports and recreation clubs and activities for children, and they cover the basics.
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- I'd like to feature a specific piece of fundraising which I'd like every family to consider being involved with:
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- The 100 Club.
- We have now completed the purchase of a 99 year lease on the club's grounds. Part of this money was raised through debenture loans which need to be repaid over the next 7 years. The 100 club is designed to do most of that and is a way of supporting the fundraising without a great deal of effort:
- • Set up a standing order for a monthly £10 contribution to the club. Just click on the following link <https://pay.gocardless.com/AL00012FVVWM0N>
- Your £10 contribution gets you a token. Your assigned token number is placed in the draw barrel.
- A draw of a token from the barrel will take place in the clubhouse on the first Sunday following the end of each month.
- The token drawn wins prize money that is 40% of the total membership contributions taken that month. The remaining 60% goes in to repaying those loans and any surplus into general club funds for improvements.
- The winner receives his payment via a bank transfer into their account.
- Currently the payout is £350 and growing.....
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- Lastly if you have or work for a business who'd like to sponsor the club then speak with myself and John Watson and we can talk to you about standard or tailored sponsorship and advertising packages.

Getting involved; a last word from the chairman:

As previously stated the club and particularly the minis and juniors is a volunteer based organisation, we just wouldn't operate without the goodwill, time and involvement of parents. It's probably not something that's crossed your mind but speaking from my own experience it can bring you a lot of fun and enjoyment as your child progresses through the years. There are lots of ways to help and I'm happy to talk to you about how you can do so, it's not all about coaching, managing or refereeing but if you are interested in these aspects here is some information as to how to get started:

The England Rugby website has loads of information:

<https://www.englandrugby.com/participation>

FIVE GREAT REASONS TO START COACHING / REFEREEING

1. You stay involved with the game you love, the friendships the fun and the banter
2. You feel good knowing that you're giving something back
3. You stay fit – mentally and physically
4. You develop yourself personally and professionally
5. You inspire the next generation of players.

There are lots of courses which will help you develop, if you follow the link below you can get a flavour for the type of development available:

<https://gms.rfu.com/GMS/coursefinder>

Within the club we have great resources to help you. Neil Weston will happily assist in mentoring and developing all coaches and will happily help you out getting on to the RFU GMS system and getting you on courses. Matt Bowyer will be working with all coaches and managers and getting you through the RFU's GMS system which will give you as a volunteer access to many resources.

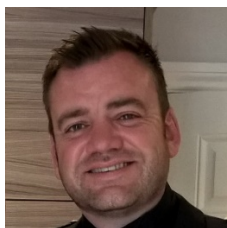


**WE PLAY
RUGBY**

**WE PLAY HARD.
WE PLAY FAIR.
WE PLAY TOGETHER.
WE PLAY WITH RESPECT.
WE PLAY WHEREVER.
WE PLAY WHENEVER.
WE PLAY TO GET FIT.
WE PLAY FOR FUN.
WE PLAY FULL CONTACT.
WE PLAY NON CONTACT.
WE PLAY SMART.
WE PLAY WITH SMALL SPEEDSTERS.
WE PLAY AS PART OF THE PACK.
WE PLAY TO COMPETE.
WE PLAY FOR THE LAUGHS.
WE PLAY OUR PART.
WE PLAY IN ONE BIG FAMILY.
WE PLAY THE BEST GAME IN THE WORLD.
WE PLAY RUGBY.**

**TEAMWORK
RESPECT
ENJOYMENT
DISCIPLINE
SPORTSMANSHIP**

Your Mini and Junior Committee:



Phil Davidson, Chairman: philip.davidson@avarafoods.co.uk



John Watson, Vice Chairman: jtwwhicago@yahoo.com



Katy Graham, Secretary: katygrhm@yahoo.co.uk



Louise Smith, Fixtures Secretary: lousmith32@sky.com

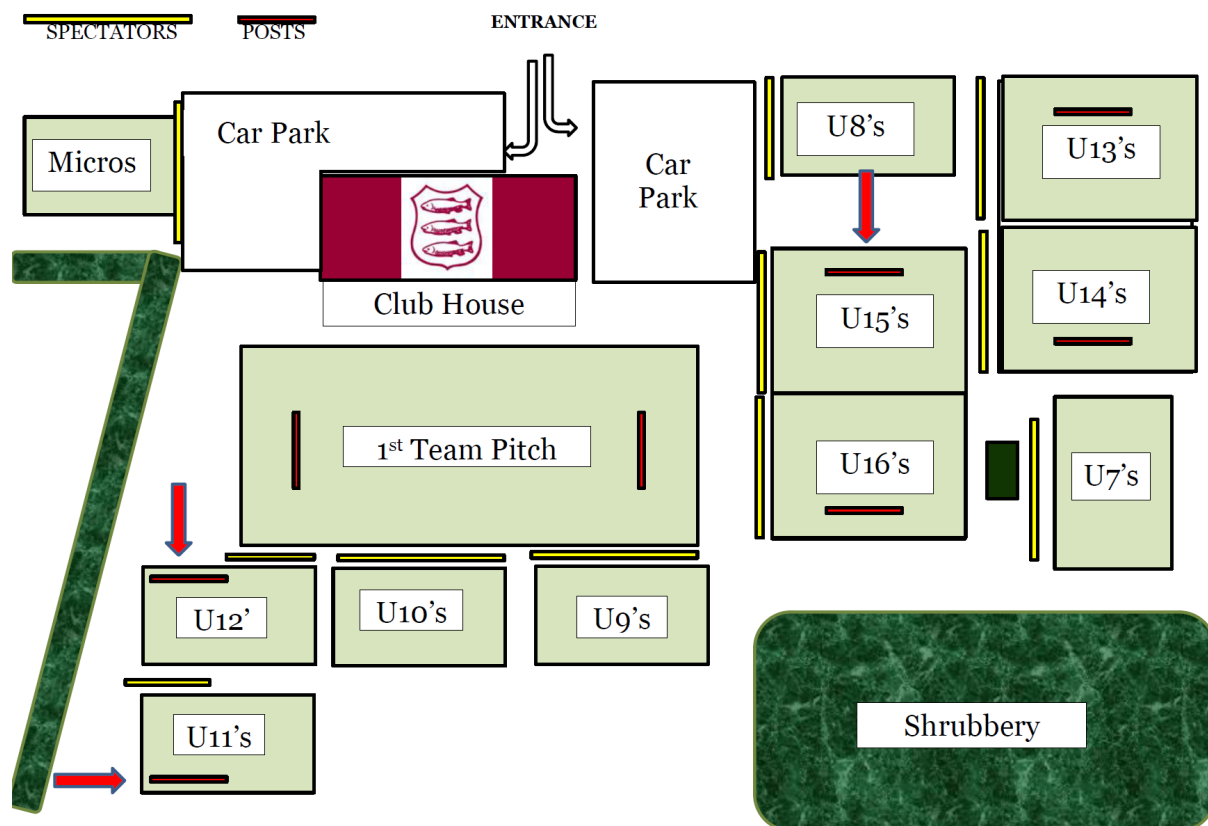


Karen Lamb, Outgoing Safeguarding Officer:
karenjlamb168@gmail.com



Matt Bowyer, Incoming Safeguarding Officer and GMS Specialist.
matt.bowyer@ewemove.com

Where's my pitch?



During the split training sessions in line with Covid restrictions Mini age groups will maintain their nominated pitch. However if there is a requirement for more space, (which we will only see as we start) the 2nd and 3rd team pitches designated to Juniors can be used in the early session. For the juniors we can expand onto the 4th team pitch and also into the areas used by the Under 7s 8s 9s and 10s.