

Kesteven Rugby Club - Midweek Training Policy for Minis and Juniors

SCOPE

This policy covers all age-grade rugby at Kesteven Rugby Club for male and female players up to and including the Colts and U18 Girls.

The Minis and Juniors season usually starts on the 1st Sunday in September each year in line with the RFU calendar and typically finishes at the end of April. Training, fixtures and festivals may only take place during this period. Outside this period, players may only participate in events with board approval and recruitment initiatives e.g. club registration events and Touch Rugby.

TRAINING PRIORITIES

As a general principle, senior teams (Men's and Ladies) train during the week and play at the weekends. Junior teams (U13s to Colts/U18s) may train midweek subject to the following:

1. the conditions set out below
2. without interfering with senior training
3. with agreement from the Board
4. If a training slot is allocated, then teams cannot change days or their allocated space unless approved by the Board.

There will be no midweek training provision for the Minis.

TRAINING STANDARDS

All training must be mindful of and adhere to relevant RFU guidance, be in alignment with safeguarding policies and be designed to avoid player overload.

JUNIOR RUGBY (U13 to U16)

The Training for Junior rugby teams should, wherever possible, be undertaken on a Sunday morning and only during the season. It is the joint responsibility of the coach of each age group along with the age-grade fixture secretary to ensure adequate training days are available.

Junior teams may train midweek at the discretion of the Board and subject to the availability of space and the condition of the playing surfaces. Midweek training sessions for Junior teams will not be available as a right and will be subject to cancellation with short notice (particularly between 1st November and 1st March) should the condition of the pitches or weather conditions deem this necessary.

Any midweek training that does take place is non-compulsory and non-selective. If any training takes place off-site it must be with the knowledge and agreement of the Board.

MINI RUGBY (U6 to U12)

All Mini rugby coaching and playing takes place on a Sunday and there is no provision for midweek training unless exceptionally agreed by the Board.

TRAINING PITCH ALLOCATION

A nominated member of the Board is responsible for pitch allocation and is responsible for limiting wear and tear on the limited club resources as well as ensuring fairness and equality for all teams. Consequently, and for the avoidance of doubt, Junior teams training midweek are likely to be required to conduct training on pitches other than the main training pitch and under mobile floodlights.

As a general rule of thumb, priority will be given to older age groups when allocation decisions are made.

INSURANCE

All Coaches and Managers must be aware that the Club insurance only covers them and their players if these policies are followed and if all training and match arrangements follow RFU Regulations and guidelines.