

Kesteven Rugby



Code of Conduct: Senior Players

Kesteven Rugby, its board, committee and all other volunteers are committed to providing the best possible playing and coaching experience for players of all ages, gender and ability. In return we expect that players are committed to both the club and the team that they represent and that the core values of our great game (Teamwork, Respect, Enjoyment, Discipline and Sportsmanship) are adopted in full. In addition to this, as senior playing members of the club, we understand and agree to follow the below Code of Conduct:

Player Conduct

1. Treat officials, opponents, teammates and supporters with respect. Verbal or physical abuse of any kind will not be tolerated and may result in disciplinary action being taken.
2. Treat all players, regardless of ability, age or the team that they represent, as equals.
3. Commitment and effort to both training and games is essential to the success of the team. Players are expected to make every effort to attend all training sessions, team meetings and games.
4. Players who do not attend at least 3 training sessions in a 4 week period will be at risk of not being selected for matches or playing time being reduced.
5. If players are unable to attend training they should inform the Coach/Captain before 7pm on the day of training.
6. Players are to be on time for all training and games. Tardiness may affect playing time in games.
7. Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates.
8. As a senior playing member of the club, you are expected to participate in activities to help the club as a whole including and not limited to fundraising, volunteering and general upkeep and maintenance.

Training:

1. Players should aim to arrive 15 minutes prior to the start time and advise the Coach or Captain if they are delayed or unable to attend before this time.
2. Players are expected to help setup before training starts and help clear up after training finishes.



3. Playing rugby is physically demanding and requires a high level of fitness from players for both enjoyment and safety. In addition to attending training sessions, Players are expected to conduct Strength and Conditioning training in their own time.

Matches:

1. ALL matches are deemed mandatory.
2. The dress code for matches is club playing shirt (supplied by the club), club shorts and club socks. No other kit is to be worn for matches. Post-match dress code is shirt, trousers and club tie for the men and black trousers and blouse or black dress for the ladies.
3. Players are expected to help set up for matches and help clear up after including collecting all kit/equipment and returning to the store and cleaning the changing rooms.
4. Store and changing rooms are to be kept clean and tidy at all times.
5. It is player's responsibility to ensure they have the correct tape/strapping required for matches.

Playing Time:

This is a competitive team and league and the coaching team will pick the best team to win. The coaching team will make every effort to ensure that those who are putting in the required effort and attendance at training are considered for selection ahead of those that do not. Players who are concerned with playing time should discuss this with the coaches. Rugby is a team sport and as we have seen with the international teams in particular, the whole squad plays a part in the success of the team. Players not selected in the starting team or match day squad have a duty to help prepare the team for match days and be ready to make an impact in the event they are selected or brought on as a substitute.

Social Responsibilities:

1. Players will not bring the club in to disrepute.
2. Players conduct while representing the club will always be respectful and representative of the core values mentioned above.
3. Any violence, bullying, discrimination or any anti-social behaviour will not be tolerated and will be dealt with harshly by the club.
4. Players are encouraged to attend club socials to enable team bonding and support.
5. All players will be signed up members paying their subscription charges on time
6. Players will not partake in sexual relations whilst on club premises.



7. The club has a zero tolerance policy towards drugs – recreational or performance enhancing.
8. Player's behaviour at club social events will be befitting of the occasion and respectful of other club members.
9. Whilst travelling on buses to and from games or social events, players should be respectful, responsible, and cooperative with the driver's rules. All litter must be picked up before leaving the bus.

This Code of Conduct is not an exhaustive list of what is expected of our players. Kesteven Rugby aims to be an all-inclusive, family friendly and welcoming club and we therefore want all our players and members to act in a way that helps achieve this.

By signing below, you are committing to the above code of conduct.

Player Name:

Player Signature:

Date: