



**Nottingham Corsairs RFC  
Mini, Junior & Colts Rugby**

**Player and Parent  
Handbook 2015 - 16**

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## 1. Introduction

A very warm welcome to Nottingham Corsairs RFC. Whether you are new to the game or returning after last season this handbook provides some important and useful information for Players and Parents/Guardians alike. Comprehensive though this handbook is you will no doubt have some unanswered questions so please use the Who's Who section to find someone to call for more help, take a look at the Web Site, browse some of the other Useful Links or simply visit us on a training session and someone will no doubt be very happy to help you.

## 2. Aims of the Mini, Junior and Colts Sections

The aims of the Mini, Junior and Colts Sections are: -

- To introduce the game of rugby to any child aged between 5 and 18 years who wants to play.
- To ensure the children enjoy themselves within a safe and well-managed environment.
- To develop and improve the rugby playing skills of all the players.
- To produce knowledgeable and skilful rugby players who will progress on to senior rugby.
- To produce skilled, fully qualified Coaches and Referees.

To achieve these goals the Club will provide a structured and enjoyable environment of coaching, training and match experience involving all players equally.

### **3. Age Groups**

Age groups are organised by 'school year' where the age of the child is taken as at 1<sup>st</sup> September. For example a child whose 8<sup>th</sup> birthday is on or after the 1<sup>st</sup> September plays in the Under 8's age group. A child who is 8 on or before the 31<sup>st</sup> August would play in the Under 9's age group. The Mini, Junior and Colts sections of the Club is organised into 13 squads as shown below:-

- U6s playing 4 a side Non Contact Rugby
- U7s playing 4 a side Non Contact Rugby
- U8s playing 6 a side Non Contact Rugby.
- U9s - 7 a side, introduction of tackle (defined as either a tackle to ground or as a grab and hold), 60x35m pitch
- U10s playing 8 a side Contact Rugby.
- U11s playing 9 a side Contact Rugby.
- U12s playing 12 a side Contact Rugby.
- U13s playing 13 a side Contact Rugby.
- U14s playing 15 a side Contact Rugby.
- U15s playing 15 a side Contact Rugby.
- U16s playing 15 a side Contact Rugby.
- U17s playing 15 a side Contact Rugby
- U18s playing 15 a side Contact Rugby.

Boys and girls may play together up to and including the U12s.

### **4. What to Expect?**

#### **4.1. The Rules of Rugby for Different Age Groups**

The rules are amended to allow younger children to enjoy the game in a safe environment; e.g. the contact element of rugby is not permitted until the U9s. These amendments are known as "Age Grade Rugby" and the key items are:-

- Rolling substitutions allow players to be exchanged at any time during a match – this allows the coaches to ensure everyone gets a game and cover for tiredness (or tantrums!)
- Limiting the amount of playing time – to ensure children do not get too tired.
- No lifting at the line out below Under 16s – to reduce the risk of injury.
- No tackling above the armpits – a strictly enforced rule to reduce the risk of injury. (Slightly misleading as tackles can be around the outside of the shoulders but must not go above the shoulder onto the neck)
- Various positional differences as the ages increase.

For details of the exact wordings of all these variations please ask any of the coaching staff.

## 4.2. Training Sessions

Training sessions are held at Lady Bay, starting at 9:30am on Sunday mornings for Minis and will last for no more than 2 hours. Junior and Colts training commences generally at 11.00am, again lasting for no more than 2 hours. Please arrive a few minutes early to ensure that we can start on time.

Junior and Colts squads also have midweek training sessions.

All players must be logged on the attendance register at every training or match session. The coach or squad manager will have the register.

## 4.3. What to Wear

Rugby is a physical game and a few bumps should be expected while playing. The physical element clearly depends on age group and therefore the required clothing reflects this. The U6s, U7s and U8s simply need sensible running around clothes while above these age groups specific rugby kit is preferred. The following explains the basics.

### **Mouth Guard**

This is the single most important piece of protective equipment a player should own and it is **strongly recommended** whenever training or playing at Nottingham Corsairs. The mouth guard or “Gum Shield” not only protects teeth and gums but also reduces the risk of jaw damage and concussion. Gum shields are moulded to fit the top set of teeth and range from inexpensive ‘mould-with-hot-water’ types available from most sports shops to more expensive types, which require a ‘mould’ being sent away.

### **Boots**

Rugby boots are similar to football boots but traditionally have a higher cut to give support to the ankle. The choice is purely personal but boots must NOT have any sharp edges on the sides or studs. Studs should be either moulded into the boot or screw-in aluminium. Boots must NOT have a single stud at the front.

### **Shirts, Shorts and Socks.**

Shirts and shorts need to withstand heavy tugging and pulling therefore football clothing is generally not hardy enough. Tracksuits can be worn for training; however, they must NOT have hoods or ties around the neck. Zips are also not allowed either on the tops or the legs as they can cause injury to other players.

The Club will supply shirts for all competitive matches for the U13’s and above.

The Club colours are: -

- Socks: - Navy, green and white with Corsairs name
- Shorts: - Navy
- Shirt: - Green and White hoops

### **Scrum Caps**

Although not an essential piece of kit, many children, irrespective of the position they play, wear these close fitting caps as they protect against bumps and bruises and are recommended whenever training or playing at Nottingham Corsairs. The most important thing with scrum caps is that they fit correctly and are comfortable.

## **Upper Body Protection**

Upper body protection is becoming more popular but is not an essential piece of kit. As with scrumcaps, all upper body protection must be approved by the International Rugby Board (IRB), must only cover the shoulder and collarbone and must be no thicker than one centimetre.

## **Jewellery**

At no time should jewellery be worn while training or playing rugby.

## **Other**

It can be very cold and wet on winter mornings so suitable gloves, hats and waterproofs should be brought to the training session. It is also advisable to bring a drink.

## **4.4. The Club Shop**

The Club has a shop selling socks, shorts, training tops, leggings, base layers, ties and beanies etc. Items will be either available from stock or can be ordered.

## **4.5. How do I Start?**

The list of kit above may seem initially quite long, however, if you simply want to 'try rugby out' then all you need is some suitable shorts or track suit bottoms and a shirt or track suit top that does not matter getting muddy. Studded boots are preferred but for a trial session trainers would do. For those doing contact rugby, the most important piece of kit is a mouth guard which is strongly recommended for both training and playing.

Either simply turn-up just before 09.30am (U6-U12) or 11.00am (U13s – U18s) on a Sunday or ring one of the coaches beforehand. (Full contact details are available on the Club website at <http://www.pitchero.com/clubs/nottinghamcorsairsrfc/>) When you arrive at the ground just ask anyone and you will be pointed in the direction of the relevant age group. Then join in!!

## **5. Membership**

### **5.1. Membership Forms**

There are two forms that are required to become a playing member of the Nottingham Corsairs, the Membership & Consent Form and the Contact Details and Medical Information Form. These are required for **each** child and can be found at <http://www.pitchero.com/clubs/nottinghamcorsairsrfc/> and click on - About Us, Club Documents. The forms are explained below: -

#### **Nottingham Corsairs RFC Membership & Consent Form**

This is the form to register as a member of the Nottingham Corsairs Club. Also as part of the Club's commitment to ensuring the safety of young people it will not permit photographs, video or other images of young people to be taken or used without the consent of the parents/guardians and the young person. This form also asks for such consent for the whole of the season. This form also confirms that both child and parents have read and understand the Code of Conduct.

<http://www.pitchero.com/clubs/nottinghamcorsairsrfc/>

Membership fees for the season 2015/16 vary.

- U6 Membership is £25. No playing shirt is provided but can be purchased.
- Minis and Junior Membership (U7 –U16) is £95 for the first child. Second and subsequent children are £70.
- Mini Players are provided with post match meals
- Junior Players are provided with a squad shirt and post-match meals
- Colts Memberships (U17 – U18) is £50. Colts are provided with a squad shirt and post-match meals.

### **Contact Details & Medical Information Form**

This form is used to advise the Club, and particularly the coaching staff, of any medical condition that are considered relevant for training or playing rugby. This information is kept confidential.

### **RFU Registration Form**

The player must register with the Rugby Football Union (RFU). This is a national register and provides the player with the added benefit of insurance. This form must be used on initial registration and thereafter only at certain ages – check with your coach/team manager for details.

## **6. Code of Conduct**

Players are encouraged to:

- Recognise and appreciate the efforts made by coaches, parents, match officials and administrators in providing the opportunity for you to play the game and enjoy the rugby environment.
- Understand the values of loyalty and commitment to adults and team mates.
- Recognise that every young player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
- Understand that if an individual or groups of young players feel they are not being treated in a manner that is acceptable, then you have a right to tell an adult either at the rugby club or outside of the game.

Players should:

- Play because you want to do so, not to please coaches or parents.
- Remember that skill development, fun and enjoyment are the most important parts of the game.
- Be attentive at all training and coaching sessions
- Work equally hard for yourself and your team – both will then benefit.
- Recognise good play by all players on your team and by your opponents.
- Be a Sportsman/woman – win or lose.
- Play to the Laws of the Game and accept, without questions, all referees' decisions.
- Control your emotions. Verbal or physical abuse of team mates, opponents, or match officials is not acceptable
- Treat all players, as you would like to be treated. Do not interfere with, bully or take advantage of any player.

- Follow the Core Values of Rugby: Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.

All Volunteers must:

- Consider the wellbeing and safety of all participants before the development of performance.
- Develop an appropriate working relationship with players, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of the sport (e.g. Fair Play).
- Display consistently high standards of behaviour and appearance.
- Follow all guidelines laid down by the RFU, NLD and the club.
- Hold the appropriate, valid qualification and DBS disclosure certificate.
- Never exert undue influence over performers to obtain personal benefit or reward.
- Never condone rule violations, rough play or the use prohibitive substances.
- Encourage performers to value their performances and not just results.

Experience has shown that the most common forms of breach of the code of conduct emanate from parents and supporters rather than players. Therefore parents/guardians are asked to agree to the following code.

- Encourage your child to learn the rules and play within them.
- Respect the Core Values of Rugby: Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.
- Discourage unfair play and arguing with Officials.
- Help your child to recognize good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgments.
- Support your child's involvement and help them enjoy their sport.
- Use correct and proper language at all times.

### **Actions Resulting from Breaking the Code of Conduct**

If as a parent, guardian, player, coach or observer, you feel that the code of conduct is being broken, it is essential that this be raised with a coach, the Club Safeguarding Officer, or senior Club official who will deal with the matter in the appropriate manner. The coach will note inappropriate player behaviour. If this behaviour is disruptive to the session action will be taken as below: -

- First incident – player will be explained which behaviour is inappropriate and to correct behaviour in the session.
- Second incident – player will be asked to stand on the sideline for the remainder of the session
- Subsequent incidents – parents will be informed and appropriate action taken.

## 7. Who's Who in our Club?

### Who's Who in our Club?

Position	Person	Email	Mobile Phone
President	David Rhodes	ruffordhills@hotmail.com	
Chairman	Doug Hendry	Doug.hendry63@ntlworld.com	07836 342927
Secretary	Ian Brown	minirugbymanager@gmail.com	07985 414326
Treasurer	Pete Le Noury	Peter.lenoury@btinternet.com	07711 788975
Head of Minis	Vacant		
Head of Juniors & Colts	Gary Osborne	gary.osborne5@btinternet.com	07593 329207
Volunteer Co-Ordinator	Claire Hendry	clairehendry@icloud.com	07986 501776
Safeguarding Officer	Sarah Williams	s.williams2@chilwell.notts.sch.uk	07503 161868
Assistant Safeguarding Officer	Vacant		
Committee Member	Chaz Trafford	vixchazollie@gmail.com	07891 216844
Committee Member	Richard Whittaker	richardjameswhittaker@hotmail.com	07973 309155

Squad	Contact	Email	Mobile Phone
Under 18	David Hargreaves	davidh@fhp.co.uk (Hargreaves)	07876 396003 (Hargreaves)
	David Calland	david.calland@ashfieldhealthcare.com	07730897096 (Calland)
Under 17	Gary Osborne	gary.osborne5@btinternet.com	07593 329207
Under 16	Scott Yarnell	scott.yarnell@gmail.com	07725 829891
Under 15	Nick Ash	nick.ash@sourcebioscience.com	07881 423485
Under 14	Tim Loveridge	t.loveridge@sky.com	07876 147676
Under 13	Nigel Bradley	nbradley@ntlworld.com	07962 104215
Under 12	Darren Pizzey	dpizzey@btinternet.com	07906 221419
Under 11	Matt Adams	matthew.adams@unify.com	07711 877705
Under 10	Andy Horner	andy@gandmelec.com	07501 256093
Under 9	Rik Williams	rikdwilliams@yahoo.co.uk	07880 206852
	Sarah Williams	s.williams2@chilwell.notts.sch.uk	07503 161868
Under 8	Nigel Bradley	nbradley@ntlworld.com	07962 104215
Under 7	David Lodge	d.lodge@chilwell.notts.sch.uk	07913 047974
Under 6	TBA		

## 8. Fixtures

Squads play competitive games on Sundays against local clubs. These games are played both at home and away and therefore some travel generally within the Nottinghamshire, Lincolnshire, Derbyshire and Leicestershire area is required. Parents and players often share transport for the away fixtures. For details of a specific squad's fixture list please ask your coach or go on line and access this data from the web site.



## **9. Child Safeguarding**

The following procedures and guidelines have been adopted by Nottingham Corsairs RFC.

### **9.1. Child Welfare**

Nottingham Corsairs takes the welfare of all young people seriously and makes every effort to ensure that all those that come along to the Club are treated with respect and can train and play rugby in a safe environment. The club has a Safeguarding Officer, Sarah Williams. Every member of the Club that may come into contact with young people is subject to a mandatory DBS check by the RFU before being allowed to have any unsupervised role within the Minis, Junior & Colts section. This check has to be renewed every three seasons.

The RFU have produced a document entitled Safeguarding Policy Guidance and Procedures policy. A printer-friendly version of the policy is available from the RFU's web site at

[http://www.englandrugby.com/mm/Document/Governance/Safeguarding/01/30/34/50/rfuSafeguardingPolicy2014\\_Neutral.pdf](http://www.englandrugby.com/mm/Document/Governance/Safeguarding/01/30/34/50/rfuSafeguardingPolicy2014_Neutral.pdf)

The Club needs to be aware of any ailments your child might suffer from as this may affect what activities he/she can undertake. Therefore, please fill in the medical questions on the registration form and also advise the coaching staff should your child suffer from any illness or injury during the season. If you feel for any reason your child is not fit to partake in training or play a game of rugby, please do not send them to the Club. The Club cannot accept responsibility for children that are unwell as appropriate supervision is not available.

### **9.2 First Aid**

The Club membership include qualified First Aiders and some of the coaches have undertaken rugby specific first aid training for minor cuts and injuries and general awareness of identifying more serious conditions. For more serious incidents the Club will use the A&E facilities at Queens Medical Centre, if the incident happens at home, or the nearest hospital when playing away. If there is any doubt an ambulance will be called. Where practicable the parent/guardian will be asked to go with the child in the ambulance or to take the child to hospital. However, if the child has been left at the Club, *in loco parentis* will be assumed and arrangements will be made to take the child to hospital and for the parent/guardian to meet the child there.

No member of the coaching staff is allowed to administer any form of medication to children. Parents/guardians should therefore make their own arrangements as necessary.

### **9.3 Procedures and Guidelines**

- Only officially appointed coaches and helpers will be permitted to control Nottingham Corsairs RFC activities.
- Parents are responsible for arranging the dropping off and picking up of their children.
- Accurate records will be maintained for each child including details of names, address, telephone numbers, emergency contacts, details of health and any necessary confidential notes.

<http://www.pitchero.com/clubs/nottinghamcorsairsrfc/>

- Any personal details or information about a child will kept completely confidential by the staff having access to it.
- Details of all coaches and volunteers will also be kept on record.
- The Club has a Data Protection Policy and will not disclose details of any member to anyone outside of the “Rugby Community”. Details will only be disclosed to those within the “Rugby Community” when necessary to do so for the playing and administration of the game.

## **9.4 Duty of Care**

As the provider of coaching sessions and games all of the Club members and coaches have a duty of care to protect all children under their supervision from possible cases or causes of abuse. The main role coaches and members have in the protection of children will be: -

- To be aware of the symptoms children may display if suffering from any form of abuse.
- To report any suspicion they may have about possible causes of abuse.

## **9.5 Child Sickness or Injury**

If a child becomes unwell or is injured whilst under the supervision of the Club and it is the appropriate coach/relevant first aider’s judgement that it is to the child’s detriment to stay on site, the following procedure will be adopted: -

- The child will be removed from activities that are likely to adversely affect their state of health, and taken to hospital if required, either by parents in the first instance or Club officials if the former are not available.
- The relevant coach/first aider will contact the relevant parent/guardian.
- The relevant coach/first aider will record all information about the incident on the Accident Report form.
- If the parent/guardian cannot be reached the relevant coach/first aider will ensure that the child is supervised until the parent/guardian can be reached.

## **Concussion**

Concussion is a serious condition and has quite specific symptoms, however, the following is Club policy: -

- ONLY doctors can diagnose concussion and certify recovery.
- This being the case all coaches, referees and parents should all err on the side of safety and treat ALL head injuries as possible concussion.
- Any head injury where the player is delayed from immediately rejoining play, or shows any perceived signs of concussion, will be considered to be possible concussion. – If in doubt, any head injury will be treated as concussion.
- The welfare of the player is paramount; the match result, the wishes of the coach, demands of the parent and even those of the player are secondary.
- Any player with possible concussion will be prevented from any further play or training and immediately referred, through a parent/guardian, to a doctor.
- Players who are diagnosed by a doctor as having been concussed may NOT take part in any training or game activity for a mandatory three week period.
- It is the responsibility of the player’s parent/guardian to follow all instructions from their doctor relating to returning to play.
- Parents/guardians are asked to inform the Club if a child is injured away from the Club activities.

## 9.6 Children Taking Medication

- Parents are solely responsible for the provision and administration of any child's medication.
- Under no circumstances will any Club member or coach accept responsibility for securing or administering a child's medication.
- Any medication that a child brings to the Club must be labelled with the child's full name.
- **All players in the Mini and Junior section must supply a completed Contact Details & Medical Information Form at the start of each season and no player will be allowed to train or play games for the Club until this has been done.**

## 9.7 The Use of Video or Photographic Images

Nottingham Corsairs RFC recognises the need to ensure the welfare and safety of all young people in Rugby Union.

As part of our commitment to ensure the safety of young people we will not permit photographs, video or other images including those taken via mobile phones of young people to be taken or used without the consent of the parents/carers and the young person.

Nottingham Corsairs RFC will follow the RFU guidance for the use of images of young people.

Nottingham Corsairs RFC will take all steps to ensure these images are used solely for the purposes they are intended which is the promotion and celebration of the activities of Nottingham Corsairs RFC players.

If you become aware that these images are being used inappropriately you should inform the Club Safeguarding Officer Sarah Williams or a Senior Committee member.

The images may be published on Nottingham Corsairs RFC Web-Site

**If at any time either the parent/carer or the young person wishes the data to be removed from the website, the club Safeguarding officer should be informed**

## 9.8 Equal Opportunity and Sports Equity Policy

All participants in the sport of Rugby Football will be given equal opportunity irrespective of their age, creed, colour, disability, ethnic origin, marital status, race, religious persuasion or sexual orientation. Any complaints or accusations of unfair treatment or discrimination should be reported to a Club official and will be taken seriously.

## 10 Where are we located?

Nottingham Corsairs RFC's address is shown below.

The Bay, Holme Road,  
Lady Bay,  
Nottingham,  
NG2 5AA

<http://www.pitchero.com/clubs/nottinghamcorsairsrfc/>

## **11 Social and Fundraising Activities**

The members of the Committee and other volunteers work hard to raise funds and put on social events for the Club as a means of bringing income into the Club. These activities are all designed to raise money so as to keep the cost of playing rugby as low as possible for all members. You are asked to support these events as much as possible to help raise the funds needed to keep the Club going.

Similarly anyone who has any suggestions for possible fundraising or sponsorship of the whole Club or any particular team is asked to speak with any member of the Committee so as to maximise any potential benefits to the Club. Members are also reminded that events such as Birthday and Retirement Parties, Discos and Band Practices as well as any fund raising events for charities and good causes can be arranged in the Clubhouse in conjunction with our Chairman or Volunteer Co-Ordinator.