



WELCOME PACK

**OLD NORTHAMPTONIANS RUGBY FOOTBALL
CLUB**

MINIS AND JUNIORS SECTION

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Welcome Statement

On behalf of the **Old Northamptonians Rugby Football Club** minis and juniors section we would like to welcome you to the club if you are a new member and say hello again if you have been a member in previous seasons.

Welcome to what we hope will be another exciting and entertaining season.

We hope you will all enjoy the experience of rugby.

The Old Northamptonians Rugby Football Club provides opportunities for young people through the age groups from 6 (under 7's) to the under 16 (Junior Colts), plus under 15 and under 18 Girls' teams.

The club is committed to providing a safe environment for your child to develop their rugby skills. Emphasis is on the development and enjoyment of rugby and whilst we recognise winning is desirable it is not the primary objective of the minis and juniors section.

We welcome parents to all training sessions and competitions and welcome your support.

We hope you will find this welcome pack both interesting and useful.

Please take time to read it as it provides you with the necessary information.

If you have any further questions the coaches and Coordinators will always be willing to answer them.

If you have printed this pack off the website you will already have seen that it contains all up to date information.

The Club website address is:

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

Thank you for choosing to play Rugby at our club and we are sure you will have a most enjoyable time.

Training

Training sessions are on Sunday mornings from 10.30 am until 12.00 noon.
(NB some groups may start earlier please check with your coordinator)

We appreciate it if children can arrive promptly.

Players should have:

- suitable clothing for training
- boots with the correct studs (please ask your Coordinators if not sure)
- water bottle
- gumshield (not essential for under 7's and 8's)
- clean clothing to enter the clubhouse after playing (especially footwear)

Rugby here at the ON's is about children and parents participating together. Therefore we encourage all parents to stay with their child during the sessions. It is an opportunity for parents as well as the children to create a circle of friends.

The coaches and the players like to know that you as parents are there, encouraging and helping their children and others by giving praise and joining in with their successes.

The clubhouse is open every Sunday providing refreshments.

We would ask that you return to your child's age group before 12 noon as at the end of every session there is a team discussion and information for parents.

Matches

Players should have suitable clothing, drinks and food in preparation for time delays and weather conditions.

If a player is unable to attend the Coach/Coordinator should be informed as soon as possible in order that alternative arrangements can be made.

USEFUL INFORMATION

Fixtures

A list, which details training, home and away matches, festivals and tournaments, is provided at the start of each season. It can be obtained from your co-ordinator or printed off the website.

Kit

Club training kit consists of jersey, shorts and socks all of which can be purchased from the clubhouse. A kit order form can be downloaded from the website.

Membership

The club has a membership fee that includes a social membership for one adult allowing access to the clubhouse. A form in pdf format can be downloaded from the website.

Registration

Each child has to be registered with the RFU to compete in competitions please see your Coordinator for this form. You will need to provide 2 photographs of your child.

Contacts

Details of the committee members can be found on the website.
Please find details of **your child's age group** head coach, assistant coaches and coordinator in this pack.

Parental Involvement

Parents are asked to volunteer their services to their coordinator for helping to serve teas, coffees etc at the clubhouse.

Please remember, **we do not like to ask people to do things**, so please let your coordinator know if you can help with teas and if there is anything else you could do to support the team generally.

Safety, playing and child protection

Each age group has a first aid kit, this is in the main to provide basic attention to cuts, bruises and abrasions.

While we encourage you to stay with your child we recognise it will not always be possible for parents to remain with their child during sessions, therefore it is important that you provide your co-ordinator with an emergency contact number.

We would be grateful when you complete the membership form that you inform the club of any medical condition or allergies that may be relevant should your child be involved in an accident whilst at the club.

The club has an emergency procedure in place for dealing with serious injuries/accidents; including ensuring telephone contact is available to call the emergency services.

It is important that your child has the correct boots, gum shield (preferably one supplied by your dentist), warm or appropriate clothing and a drink – for training and match sessions, as agreed with the coach. If you are in any way unsure, please discuss this with one of the coaches from your age group.

Headguards and shoulder pads are optional.

The numbers of each age group will vary but at all times the club will endeavour to work within the guidelines for safety of a coach/player ratio of 1:10

NB

Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.

Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

Child Protection

The club is committed to the RFU Child Protection Policy:

<http://www.englandrugby.com/governance/safeguarding/policy-and-guidance>

All volunteers are subject to those requirements if you have any questions regarding this, please contact The Child Protection Officer. (Contact details can be found on the website:

<http://www.pitchero.com/clubs/oldnorthamptonians>)

Section 8 of our Safeguarding Policy

The Club Safeguarding Officer is Riana Bailey Tel: 07904057729
Email: law78zyl@aol.co.uk

If you witness or are aware of an incident where the welfare of a child or vulnerable adult has been put at risk you must in the first instance inform the Club Safeguarding Officer. They will then inform the CB Safeguarding Manager and the RFU Safeguarding Executive. If an incident involves the Club Safeguarding Officer you should inform the Club Chairman or the M&J Chairman and either the CB Safeguarding Manager or the RFU Safeguarding Executive.

Codes of Conduct

The club has codes of conducts for all coaches' officials and volunteers working with young children, this also includes a code of conduct for parents and players.

The conduct codes are detailed below: -

Code of conduct for club officials and volunteers

The essence of good ethical conduct and practice is summarised below. All volunteers must:

- Consider the well being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers, 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 national governing body and the club
- Hold the appropriate, valid qualifications and insurance cover
- Never exert undue influence over performers to obtain personal benefit or reward
- Never condone rule violations, rough play or the use of prohibitive substances

Code of Conduct for parents/carers

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise 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' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.

Code of Conduct for players

- Play for the fun of it not just to please parents or coach.
- Not use deliberate or dangerous play, poor sportsmanship or foul language.
- Bring appropriate kit for each training session and match. .
- Encourage their parents to ensure they are punctual.
- Not to train or play with an existing injury.
- Participate in all aspects of the training session or match, not just the parts that interest them the most.
- Keep family members informed about forthcoming activities (e.g. start and finish times, venue, names of coaches, emergency contact numbers).
- Listen to the coach!
- Understand that bad/inappropriate behaviour will be challenged and dealt with.
- Recognise that sometimes there isn't time for discussion. Recognise the coach's authority and respond to No.
- Remember that self-discipline is a good and worthwhile quality to have.
- Above all remember that what they do should be fun and understand the spirit of sportsmanship.
- Be gracious in victory and defeat.
- Treat the equipment and facilities provided by the club with respect.

Sports Equity and Ethics

The club has an open constitution and has adopted the RFU Equal Opportunity /Sports Equity Policy

This is stated below: -

Equity policy statement

OLD NORTHAMPTONIANS RFC

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

Should you require any further information, please contact your age group co-ordinator

Signed
Chairman
On behalf of the Club

Structure of age group. (Under)

Your Head Coach is _____

Each age group will have a number of assistant coaches these are as follows

Assistant coach _____

Assistant coach _____

Assistant coach _____

Assistant coach _____

Assistant coach _____

Please feel free to discuss your child's development with any of the coaches.

Your Coordinator is _____

The Co-ordinator provides a vital link between you and the club, informing you of forth-coming events e.g. social, playing and organising the kitchen rota. Please be prepared to assist your co-ordinator if asked.