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PARENT GUIDE



MIND
BODY &
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PARENT
GUIDE

As a parent you will no doubt want your son/daughter to enjoy their involvement in rugby union in a safe enjoyable environment where there are opportunities to learn and develop rugby skills and also have 'fun' This guide suggests questions you might ask when choosing a club for your son/daughter before making that final decision.

JOINING A CLUB

Always check

- The qualifications and experience of the coaches.
All coaches should hold an RFU qualification.
- The ratio of adults to young people.
Ratio for Under 8s should be a maximum of 1:8, for Under 12s 1:12 and older age groups 1:15.
- The club has a health and safety policy.
- The club has clear codes of conduct stating expected behaviour of members, player and coaches.
The RFU Welfare of Young People in Rugby Union – Guidance which can be found on rfu.com has clear Codes of Conduct documented and is displayed on the club noticeboard
- What happens if there is an accident.
All clubs must have documented procedures.
- The club has a Welfare Officer and Deputy who is in attendance at the club on Sunday mornings.
It is a requirement of the RFU Child Protection Policy that all clubs have an identified welfare officer.

Questions to ask

My son/daughter has never played rugby before; can they come along and try out a couple of sessions?

The answer should be “yes”.

When is training?

Normally on Sunday mornings.

When are the matches?

Normally on Sunday mornings.

What kit do we need to buy?

Most clubs have a “Kit shop” where you will be able to buy the necessary kit. This will include shirt, shorts, boots and tracksuit.

THE RFU STRONGLY RECOMMENDS THAT WHEN YOUNG PLAYERS ARE PLAYING CONTACT GAMES OR ARE PARTICIPATING IN CONTACT TRAINING SESSIONS THAT THEY WEAR A MOUTHGUARD.

For more information on mouthguards go to www.opro.com

Does the club have a Child Protection Policy?

It is a requirement of the RFU that all clubs have a Child Protection Policy.

How does the club manage any issues, which may arise – i.e. bullying?

There are identified procedures laid down by the RFU which clubs must follow. The RFU will always support clubs to manage any issues which arise.

Are the coaches qualified?

All coaches should hold an RFU qualification. Contact the Club Coaching Co-ordinator, he/she will be able to inform you of the available qualifications.

Are the adults helping with the teams checked and trained?

It is a requirement of the RFU that all adults who have regular supervisory contact with young people undertake CRB Disclosure.

Does my son/daughter have to share changing facilities with adult players?

No, not under any circumstances.

Do the club have social events?

The majority of clubs do for both young people and adults

How much does it cost to be a member of the club?

This will vary.

How are away matches organised?

All clubs will organise their fixtures in line with the requirements of the RFU Continuum which can be located on rfu.com and the RFU structured season.

In terms of transport to away fixtures the club is usually dependant on parental help.

Is there a first aider on site?

The RFU strongly recommend that there is a qualified first aider present at all games and training.

Is the club affiliated to the RFU

ALL clubs must be affiliated to the RFU.

MEMBERSHIP

What does the club expect from me?

The club will expect you to:

- ensure that your son/daughter is dropped off and picked up from the club and matches and in the case of younger children there will be an expectation that a parent or designated adult remains throughout the session. *This responsibility can be delegated but the club must be aware.*
- adhere to the codes of conduct within the club, in particular the Parents Code of Conduct. *This highlights the positive aspects of being a part of the club and supporting both your own child and all the other young people within the club.*

The Club would like you to:

- become as involved in the club as much as possible. This provides your son/daughter with the support to enjoy their rugby. *Clubs are dependant on volunteers.*
- support the coaches by ensuring your son/daughter enjoys their rugby and plays within the laws of the game *It is crucial to develop a positive relationship with the coaching team and to support them. If an issue does develop then manage this through the Club Welfare Officer.*



What does the club expect from my child?

There is a guide for young people which details the club's expectations which include:

- fair play.
- listening to the coaches.
- adhering to the codes of conduct.
- adhering to the laws of the game and rules of the club.
- having fun and enjoying playing rugby.

The club should have a guide for young people based on RFU guidance. Always ask to see this.

What can we expect from the club?

- A friendly welcome, an opportunity to meet new friends and watch rugby.
- Opportunities to be involved in all aspects of club life and use your own expertise.
- Opportunities for your son/daughter to have fun and develop their game as much as they want to.
- A safe environment.
- Qualified coaches and responsible volunteers.
- Relationships based on trust, honesty and respect where your son/daughter are valued and listened to and where their welfare is paramount.
- Child Protection Policy available for you on request.
- Clear lines of communication with you about your child, fixtures, training and events.

Communication

The club will need to ensure they can contact you if required, so they should ask you for your contact details.

It is part of the rugby philosophy that you are involved in your child's rugby development. Please ensure that you build a relationship with the coach and support the club by completing all paperwork required.

If you have a concern relating to the welfare of your son/daughter always contact the club welfare officer.

GETTING INVOLVED IN THE CLUB

Ever thought of volunteering?

There are many areas within the club, which rely on volunteers. Without this support the club would not run!

There will be jobs to suit you, the time you have and that you may even enjoy!

Ask your Club chairman or team manager or son or daughter's coach if you can help.

CLUB POLICIES AND PROCEDURES

Policies and Procedures available on request

The club will have the following available to you on request:

- Health and Safety Policy
- Child Protection Policy
- Codes of Conduct
- Equity Policy