

Primary Partner:

GRANGE JAGUAR



Mini and Youth Welcome Pack 2019/2020

A very warm welcome to Amphill Rugby Club!

This welcome pack contains general information about the Club, our Codes of Conduct and recommended kit for the season ahead.

This season the registration process for all members/players will be completed online.

Registration Day this year is

Sunday 8th September 2019 from 9am.

Senior Partners:



Amphill & District Community Rugby Club Limited
Dillingham Park, Woburn St, Amphill, Bedford, MK45 2HX
www.amphillruffc.com Tel: 01525 403303 Vat Reg No. 196 7536 11
Registered in England and Wales 00629333

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Equal Opportunities Statement

- ☐ The club is committed to ensuring that equality is incorporated across all aspects of its development.
- ☐ In doing so it acknowledges and adopts the following Sport England definition of sports equality.
- ☐ Sports equality 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.

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RUGBY
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Mini & Youth Section Contacts

Name	Positions	Email	Tel No
James Wiggett	Mini & Youth Chair Management Committee Member Minis Fixture Secretary	jwiggett.aruffc@gmail .com	07800 841835
Angharad Spavins	Management Committee Member Club Safeguarding Officer Club RugbySafe Lead	angharad_amphillruffc@hotmail.com	07564 477767
Ian Scarr	Management Committee Member Lead Girls Contact	ianscarr1@gmail.com	07595 825231
Nikki Milward	Deputy Club Safeguarding Officer	nikki_safeguarding@btinternet.com	07725 043544
Lyn Palmer	Mini & Youth Membership Secretary	l.blaxill@btinternet.com	07733 162204
Jim Abbott	Mini & Youth Treasurer	jimabbott@btinternet.com	07958 696319
Hugh Christey	Schools Liaison Officer	hughchristey@bigpaw.info	07711 625135
Liz Akers	Mini & Youth First Aid Coordinator	eakersARFC@outlook.com	07946 008713
Dan Phillips	Mini & Youth Disciplinary Officer	danphillips29@btinternet.com	07948 502785
Rebecca Lane	Club Steward	clubhouse@amphillruffc.com	07920 875382
Tracey Holywell	Catering Manager	tracey.hollywell@btinternet.com	07976 908905
Christine Hampshaw	Club Shop Manager	CH-nyro@hotmail.co.uk	07949 020120

Mini & Youth Head Coach/Team Manager contact details can be found on www.amphillruffc.com

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Did You Know??

That we always need Volunteers....

The Club relies on a fairly small committee to operate. We are sure you appreciate how the club is run and maybe take it for granted that there will be someone there every Sunday to run the bar, man the car parks, cook the sausages, sell you the kit, keep an eye on the changing rooms etc. etc. These jobs are done by volunteers. For the Club to run as efficiently as possible we run an 'age group rota' on Sundays that covers Car Parking and Kitchen. Please step forward if you can, to help out when it's your age groups turn, it will be greatly appreciated.

For the club to continue to run WE NEED YOUR HELP..... Are you a Builder, Plumber or Electrician? If you feel that you could give any time to help the running of the Club facilities, please speak to any Mini & Youth section contact, your coach or team manager.

That the bar is open every Sunday in the Season....

The bar is a great place to get to know other parents, other members of the club and to talk about how well the team has played. It is open every Sunday whether there are matches or just training. It is also open Monday, Tuesday, Wednesday and Thursday evenings from 6pm to 10pm, and Saturday 12pm to 10pm, when the Senior Teams will be playing.

That the players get a free meal after playing a home match....

The club provides each player (Amphill and opposition) with a free meal after they have played a match. The food is made available by our Catering Manager Tracey, with the help of the age group volunteers.

That the Clubhouse is available for private hire....

The Clubhouse is available for Private Hire/Functions via Club Steward Rebecca Lane.

That our First XV play in the Greene King IPA Championship....

The First XV were promoted last season and will compete in the Greene King IPA Championship, just one level down from the Premiership. They play their matches both home and away. The Mini & Youth support the 1st XV at every home game as part of a Ball Boy and Girl/Guard of Honour Rota which the children thoroughly enjoy.

That we have Rugby for Dads & Mums.....

There are seven Senior Teams that play to a variety of standards that are always looking for new players. This season we also started a Women's Team who train on a Wednesday Evening and play on Sunday.

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Club Safeguarding

Amphill & District Community RUFC is committed to providing a safe environment for our players, coaches and parents. To ensure this we follow guidelines set out by the Rugby Union within their RFU Safeguarding Policy.

Rugby's core values of teamwork, respect, enjoyment, discipline and sportsmanship are attributes that we all want to impart. We have a duty to ensure that safeguarding children is prioritised and that each child's rugby experience is as good as we can possibly make it. Safeguarding is a proactive based concept based around promoting the child's welfare in every way.

All coaches and other volunteers who are involved with the Mini & Youth section of the club are all DBS checked. Due to the size of Amphill's Mini & Youth section we have a Club Safeguarding Officer and Deputy Club Safeguarding Officer, as well as a Team Safeguarding Officer within each age group. Our Safeguarding Officers have attended all of the relevant courses.

If parents have any child safeguarding issues or concerns, they are advised to take them directly to the **Club Safeguarding Officer** rather than their child's coach.

Angharad Spavins 07564 477767 angharad_amphillruffc@hotmail.com

A copy of the RFU Safeguarding policy is available on the club website.

Playing/Travel Insurance

All paid up Members are covered under the basic RFU Insurance Scheme for permanent disablement whilst playing for the Club, however, players are strongly advised to insure themselves through some sort of private scheme. Do not ignore this advice. For further details contact the Club Secretary on secretary@amphillruffc.com.

REMEMBER – You Play Rugby at your Own Risk

The Club accepts no responsibility for any injury or more serious happening howsoever caused. This also applies to any person visiting the Club, or purely on the Club's land.

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Valuables and Liabilities

The club does not accept liability for the loss, damage or theft of personal belongings on the Club premises. It is advisable not to leave valuables (i.e. jewelry and watches) in kitbags in the changing rooms as these are not secure. If you have no choice but to bring valuables to the Club, we advise that you pass them to a coach or parent for safe-keeping.

Cars parked in the club car parks, and all contents therein are left at the owner's risk and the club will accept no liability for loss or damage in respect thereof.

Mouth Guards

The club recommends that all players wear a mouth guard (U6, U7 & U8 optional re TAG Rugby but recommend). It is likely that any player not wearing one of these essential pieces of kit will be turned away from training / matches by their coaches. This is in the interest of their own safety.

Website

The Mini & Youth section has its own pages on the club website which can be found on www.amphillruffc.com where you can find contact information and match reports throughout the season, plus a wealth of useful information about the club.

In the information section is a library of documents which includes this pack and other forms including all of our policies which we expect everyone, player, parent, coach or helper to adhere to.

Club Shop

Sunday 10am - 12pm

Mid-week slots to be confirmed

If you require kit at any other time, please contact Christine Hampshaw, Shop Manager CH-nyro@hotmail.co.uk or 07949 020120, to arrange a mutually convenient time to meet at the club. Unfortunately, the Bar Staff don't have access to the Club Shop.

The Club Shop stocks a vast array of kit including Match Shirts, Shorts, Socks, Training Tops, Tracksuit Bottoms, Mouth Guards, Studs, Lanyards, Mini Balls, Club Shirts and Ties, Kicking Tees, Polo Shirts, Hoodies and TAG Belts. The latest prices are available from the shop or on the club website. Payment is by cash, cheque, credit or debit card.

The Club Shop also offers a wide range of second hand kit/boots which can be purchased at very low cost. This is a good way for new players to obtain kit without breaking the bank. Please consider donating your cleaned old kit to the shop.

The Club also has an online shop, you can order match kit online via the link on the club website.

Are you willing to join the Club Shop Team? Volunteers needed.

What kit do I need?

All players are expected to play in Amphill playing shirt, these are not supplied unless either the coach or another parent from the team has successfully obtained sponsorship from an outside source.

You will need to purchase:

- Amphill Playing Shirt
- Black shorts (any make, however, Amphill shorts are available from the Club Shop)
- Amphill Socks
- Rugby or football boots, studs must meet the British kite mark standard (football studs are not acceptable). Replacement studs are available from the Club Shop.
- Mouthguard

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Mini Section – U6s to U12s – Pre/Post Training/Match

Minis's do not shower after they have played rugby, but they **WILL NOT** be allowed into the club house unless they have changed out of dirty kit in very wet & muddy conditions.

Youth Section – U13s upwards – Pre/Post Training/Match

We expect all players to change into trousers and a shirt with Club tie or black club polo shirts, as directed by their Head Coach/Team Manager, after all games at home and away. Players should also travel to away matches in their team off pitch kit. Your support with this is greatly appreciated.

Ties can be purchased from the Club Shop.

Please ensure that you tidy up after yourselves in the Clubhouse both home and away.

Please join your Committee in promoting pride in your Club.

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Club Behavioural Policy

This policy is set up to create an environment where the children, parents, coaches, first aiders and other club volunteers all value, respect and encourage one another to build a happy, relaxed and enjoyable atmosphere.

Coaches and Team Managers will:

- Always be publicly open when working with children, ensuring they are never alone with a child.
- Always ensure there is only group communication with children, should it be necessary, including emails, texts, messaging and social media.
- Adhere to the Coaches and Managers Social Networking Policy.
- Ensure development and fun comes first, winning second.
- When coaching contact skills, ensure safety first.
- Never coach law violations.
- Never overtly criticise players – their confidence is paramount.
- Always reject the behaviour, not the player. Players will not be labelled as bad or naughty either to them or to someone else in their hearing.
- Give direction in a positive way; treat each player as an individual.
- Give players a clear idea of the behaviour expected and to follow it themselves.
- Players who break the rules will receive a warning.
- Praise good behaviour. Set limits, so that the players know that their behaviour will not be allowed to get out of control.
- Be consistent and be fair.
- Avoid being late for coaching sessions and/or matches.
- Work with parents/guardians, not against them. Involve them whenever possible e.g. encourage them to observe coaching sessions and support competitions.
- Ensure the playing training area is 'fit for purpose' before allowing children to participate in any activity. First Aid equipment should be available and appropriate First Aid cover be available before every session.
- Treat each player as an individual, ensure they are given equal opportunity to play.
- Regarding the use of tackle bags - the tall cylinder tackle bags can be supported by an adult but must be left to fall with no resistance once a child tackles them. The hand held tackle bags with the two arm straps are only to be used on a child of the same training age group. They should not be held by coaches / parents. It is the coaches responsibility to match up size / ability of the children when pairing them up.
- Uphold the RFU's core values of teamwork, respect, enjoyment, discipline and sportsmanship.
- Ensure that you are proactive and have prior consent from opposition/festival organisers in relation to photography/videoing of matches, due to safeguarding children in opposition teams a week in advance.
- Ensure approval is obtained from the Club Committee for any Team social media groups e.g. Facebook/WhatsApp and that either the Team Safeguarding Officer or Club Safeguarding Officer are included. No children to be included in these groups.
- Report all accidents to the Club Safeguarding Officer in accordance with the Clubs Accident Procedure.
- Use the new 'Respect Pitch Barrier' available for 15-a-side matches.
- Complete a DBS check.
- Advise the Club Safeguarding Officer of any caution or conviction in advance of the next DBS.

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- They will strive to improve their personal quality of coaching by completing the relevant training courses.
- They must complete the RFU Headcase online concussion module annually. A screenshot of the Certificate to be sent to the Mini & Youth First Aid Coordinator.
- Complete the RFU Play It Safe Safeguarding course.
- Take no inappropriate photography/video
- Ensure that there is no under-age drinking or and drinking games.
- Be aware that illegal drugs should not be brought to the Club.
- Stress that energy drinks/supplements are not appropriate for children playing at Club Level.
- Team First Aiders must complete a DBS and provide proof of their current First Aid Qualification to the Club Safeguarding Officer, before commencing any active First Aid with Players.
- Age groups must use bcc for all age group email communication.
- All Volunteers are required to complete a Volunteer Medical Form annually and return it to the Club Safeguarding Officer. Please advise of any changes during the season.
- Complete tour paperwork well in advance of travel and submit to Club Safeguarding Officer for approval by East Midlands.

The Club has a Disciplinary Committee and any Member or official breaching the club behavioural policy or bringing the club into disrepute may be asked to attend a formal disciplinary hearing and can be subject to sanction by the Disciplinary Committee which may include expulsion.

Players will be encouraged to:

- Play for the fun of it, not just to please parents or coaches.
- Bring appropriate kit and spare clothing for each training session and match.
- From U11s make sure they know what time they are expected to arrive for matches/training, the location and if relevant, drop off and collection points.
- From U13s - not to train or play with an existing injury. Prior to this, parents must make that judgement and inform the coach or team manager.
- Participate in all aspects of the training session or match, not just the parts that interest them the most. Listen to the coach.
- Understand that inappropriate behaviour will be challenged and dealt with.
- Recognise the coach's authority.
- Understand the spirit of sportsmanship.
- Uphold the RFU's core values of teamwork, respect, enjoyment, discipline and sportsmanship.
- Take no inappropriate photography/video.
- Understand that under-age drinking or drinking games are not tolerated.
- Be aware that illegal drugs should not be brought to the Club.
- Be aware that they are not to be included within any Team Social Media Groups.
- Above all, remember that it should be fun.
- Follow the Graduated Return to Play Protocol should a suspected concussion occur.

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Parents/Guardians will be encouraged to:

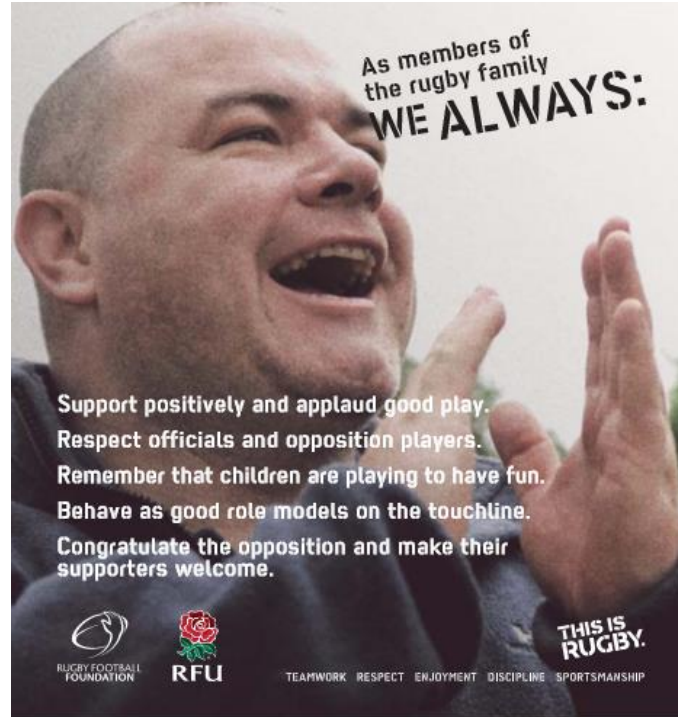
- Be familiar with this Behaviour Policy.
- Not to force an unwilling child to participate in sports.
- Ensure that his or her child has the appropriate kit and spare clothing for each training session and match.
- Make sure that they know what time and where training sessions/matches are taking place.
- Not to publicly question or criticise a referee's judgement and never their honesty.
- Remember that children learn best by example. Applaud good play by your team and by members of the opposing team.
- Observe coaching sessions/matches at all times. Where appropriate, assisting the coaches when requested e.g. with moving equipment etc.
- Participate in voluntary activities required at the club when it is your age groups' rotation e.g. car park duty, kitchen duty, BBQ duty, etc.
- Take no inappropriate photography/video.
- Understand that under-age drinking and drinking games are not tolerated.
- Be aware that illegal drugs should not be brought to the Club.
- Be aware that children are not to be included within any Social Media Groups. If your child leaves the club, you will be removed from the Team Social Media Groups by the Administrator.
- Stress that energy drinks/supplements are not appropriate for children playing at Club Level.
- Be aware that Anti-Doping checks are increasing within the Youth game, and could be carried out by the RFU at our club at any time and be un-announced.
- Age Groups to Rota on an alphabetical basis, so all do their share. Volunteers are part of Amphill RUFC's success as a Family Club
- Make sure that the club has correct contact details and emergency contact information.
- Be involved in club social activities, where possible.
- Share concerns regarding the club with committee members if they have them.
- Remember that children should be involved in rugby for their enjoyment, not yours. Encourage their efforts.
- Parents must not leave their child unattended at the rugby club unless they have prearranged this with a responsible adult who is neither a coach or team manager until they are 16. The same applies to vulnerable adults.
- Uphold the RFU's core values of teamwork, respect, enjoyment, discipline and sportsmanship.
- Ensure they advise their child's school of any injury which have an impact on their school life, in particular concussion.
- Follow the Graduated Return to Play Protocol with their child, should they receive a suspected concussion.
- Advise the Age Group Team Manager if their child have any medical/allergy changes during the season.

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CODE OF RUGBY

Everyone involved in rugby in England, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the Core Values of our sport.



**TEAMWORK
RESPECT
ENJOYMENT
DISCIPLINE
SPORTSMANSHIP**

Play to win - but not at all cost.
Win with dignity, lose with grace.
Observe the Laws and regulations of the game.
Respect opponents, referees and all participants.
Reject cheating, racism, violence and drugs.
Value volunteers and paid officials alike.
Enjoy the game.

Rugby Football Union. The England rose is an official registered trademark of the Rugby Football Union.

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RugbySafe

The Rugby Football Union's Commitment to Player Welfare

RugbySafe is RFU's overarching player safety and wellbeing programme to support clubs, schools, colleges, universities and participants at all levels of the game. It has five different strands all of which contribute and provide input to how the game should be played and managed to ensure that rugby is as safe as possible.



Senior Partners:

Values & Culture

Provides information on how the embedding of the core values and creating a positive culture is a fundamental element to making the game fun and safe.

Playing Environment

Provides information, guidance and resources for clubs, schools, colleges universities and other rugby activity organisers on what needs to be in place and how provision and other aspects should be managed to enable a fun and safe playing environment.

Education & Development

Provides information on the RFU's training courses and other development opportunities for coaches, match officials, teachers and other volunteers that increase awareness of the game and key safety elements.

The Game

Provides information, guidance and resources on different playing opportunities, the laws and regulations of the game, and the role these playing in providing a fun and safe game for all.

Research

Provides information on the different research that the RFU is engaged with, key findings and how these findings are being used to inform in game

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**YOUR CHILD IS GUARANTEED
AT LEAST HALF A GAME
OF RUGBY HERE**

englandrugby.com/halfgame



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DON'T BE A
HEADCASE
STOP! CHECK FOR CONCUSSION

RECOGNISE know the symptoms and signs of concussion.

REMOVE any player you suspect has got a concussion **IMMEDIATELY**. Arrange for further assessment by a health care professional.

RECOVER give players time to recover fully as you would with any other injury.

RETURN all players must follow a step-wise Graduated Return to Play (G RTP) and must not go back to rugby/sport until they have been cleared to do so by a doctor.

RECOGNISE, REMOVE AND IF IN DOUBT, SIT THEM OUT! RFU.COM/HEADCASE



Senior Partners:

Haines Watts
Local Matters. National Strength.



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