WELCOME

Welcome to a new season of Junior Rugby at Harrogate Rugby Football Union Club.

This is an exciting season for our club, with last season triumphs in the Yorkshire Cup for our 1st XV and U15’s teams and our club move to Rudding Lane and the fantastic new facilities there.

Our club aims to ensure that players, coaches, parents, spectators and volunteers uphold the Core Values of rugby union, Teamwork, Respect, Enjoyment, Discipline and Sportsmanship. These values will stand our young people in good stead both on and off the rugby pitch and are reflected in the RFU’s Code of Rugby and our own club mission statement.

At Harrogate Rugby Club we take pride in the development of all our rugby family, both on and off the pitch. Creating positive change and lasting memories.

Harrogate RUFC supports the RFU in its aims by actively promoting the view that we will:

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

We are committed to maintaining our high standards at a club dedicated to providing a quality rugby union experience for young players.

We are a local club at the heart of our community, with links with local schools. We are delighted by the number of our players who progress up the age levels and into our senior teams. Keeping players involved throughout their school days and beyond means that they benefit from being part of the rugby family with the friendships and health benefits this brings.

The credit for our clubs success is due to the commitment of our young players, the endeavors of the clubs qualified and enthusiastic coaches, our many marvelous volunteers, our players parents and supporters and our sponsors. We would like to thank you all and look forward to your continued support.

With a full fixture program and vibrant social events coming up, we would be delighted to see players old and new fully involved. We are always glad to have help so please talk about volunteer roles with our coaches, managers or members of the Junior Committee.

The first few weeks of the season are always tremendously busy, so I would ask for your patience and understanding as there are many tasks to perform to ensure that the club lives up to its high standards so that your children are properly registered and cared for in the coming season. We ask that subscriptions are paid within four weeks of registration for everyone’s benefit.

Registration forms and details of membership fees and packages can be found on the club website harrogaterugby.co.uk

All players must be registered with the club and RFU before they can take part in fixtures and competitions, however we do allow new players to attend for a few weeks before registering to make sure they are fully committed.

This pack contains all the information you need to get started at Harrogate RUFC, but should you have any questions please ask your age group manager or consult the club website.

A very warm welcome to the 2015/16 season at Harrogate RUFC and we hope you all enjoy the rugby.

Yours sincerely

MARK GARRETT
Harrogate RUFC Junior Chairman
SPORT FOR ALL

Harrogate RUFC Junior section provides rugby for children of all ages and abilities.

Our Mini section caters for children of five years old (Under 6’s) up to 11 years old (Under 12’s).

Our Youth section provides for children from 12 years old (Under 13’s) up to 18, at which age they can join the Senior section.

At Harrogate RUFC all age groups adhere to the RFU Age Grade Regulation 15 (rfu.com/regulations) a playing and coaching pathway by which clubs and schools introduce rugby in three incremental stages (Mini-Midi-Youth) so that by Under 13 level, players have developed the skills and knowledge to participate in the full 15-a-side game.

Each stage has its own rules, distinguishing it from the adult game. This progression accommodates the changing developmental abilities of children as they mature, with the emphasis on the improvement of individual skills through purposeful and enjoyable activity. Provision is made for testing these skills in match situations during a limited number of friendly and competitive fixtures and festivals/tournaments each season.

Many age groups will also arrange a tour towards the end of the season which can prove to be great team building and social events.

Match formats and duration differ by age group and will be advised by your age group manager.

Selection policy and criteria are set by the age group head coach and will usually take into account commitment, attitude and discipline as well as attendance and ability.

Players are normally registered in the age group determined by their calendar age, however in exceptional circumstances a player may receive dispensation to play out of age grade. If you think that this may be appropriate for your child please discuss it with your age group head coach.

The enjoyment and safeguarding of children is of paramount importance at Harrogate RUFC and we are committed to providing opportunities for all children to play rugby in a friendly, fun and safe environment.

For a beginner’s guide to rugby’s rules and regulations visit
http://www.englandrugby.com/my-rugby/players/rugby-basics/

and for the full rules and regulation go to
http://www.englandrugby.com/my-rugby/players/regulations/
BE PART OF A TEAM

Training, Selection and Availability

Training for the Mini-Midi section is on Sunday morning from 10am-11.30am, with matches usually kicking off at 10.30am. Mini-Midi age groups do not usually hold mid-week training to allow for participation in other sports and school commitments. Training durations and formats are tailored to suit the current development abilities of each age group.

Mini and Midi age groups play no fixtures in the first 4 weeks of the season to ensure all players are familiar with rules of play and have appropriate skills.

Training for the Youth section is also on Sunday morning, but from 10am -12pm and is often supplemented by mid-week training arranged by age group coaches.

Youth age groups play fixtures from week 2 of the season and players may be expected to attend pre-season training to ensure appropriate levels of fitness and skill.

Fixtures will be listed on the club website under the appropriate age groups pages. Any alterations or cancellations of fixtures or training will be notified by the team manager or head coach and will be listed on the clubs website.

At Harrogate RUFC we aim to ensure that opportunities to play are maximised for all, with selection for particular matches the responsibility of team coaches and managers.

Parents and Guardians

Parents and guardians remain responsible for their children at all times at training and matches. Parents must be contactable at all times whilst at the club in case of curtailment due to bad weather or an injury occurring.

Parents and guardians of mini’s age group players must remain at the club whilst their children are training or playing.
Parents and guardians of Youth age group players are encouraged to stay at the club whilst their children are training and playing, however if they find they are not able to remain they must ensure another adult present takes responsibility for their child. This responsibility extends to dealing with an injury.

Due to the nature of rugby as a contact sport played in the winter, young players can occasionally suffer from the bad weather or injuries and it is vitally important that parents are present to deal with such incidents.

Whilst first aiders and coaches can provide immediate support and emotional comfort it is not practical for them to take on a parent’s role particularly for young children who may become upset if there is not a familiar face present to deal with a problem.

Punctuality

Players should be in their rugby kit ready to start sessions on time, especially on match days.

Late attendance at sessions causes disruption to training and lets down team mates and coaches.

Changing rooms are available, particularly for those teams playing fixtures, and age groups are encouraged to use these are part of building their team.

Two-way Conversation

Do get to know your team’s coaches and manager who will be glad to give and receive constructive feedback or offer advice and information regarding your child at Harrogate RUFC.

KIT

As with most sports players need specific kit. At this club it will be: rugby boots, socks, shorts and shirt, mouth guard and water bottle.

Players are expected to turn out in full club kit for fixtures. Other kit can be worn for training sessions.

The above can be purchased through the club shop which is open most Sunday mornings and also via the link on the club website.

Please be aware that it can get very cold in the winter months and that young children should be provided with plenty of layers of clothing to ensure they can maintain warmth during training sessions.

Wearing layers means players can discard items as they warm up. Waterproof tops should be without zips
**Rugby Boots** should be to IRB standards.

Whilst England Rugby's advice to clubs does not prohibit the wearing of the bladed style of boots, here at Harrogate RUFC we ask our parents to avoid purchasing this type of boot for players in ‘contact’ variations of the game as they have been associated with a number of reports of not only terrible lacerations but also ligament injuries to ankle, knee and hip joints to the wearers.

Due to the nature of rugby, boot to body contact is not always avoidable and with this in mind Harrogate players in ‘contact’ variations of the game will NOT be allowed to take to the field for training or matches wearing these boots as we feel that they pose an unacceptable risk of injury both to team mates and opposition players in training and in matches.

Our coaches and referees will rigorously check boots for safety before every match, home or away. With bladed style boots should any part of the molded sole become damaged the whole boot must be rejected to ensure safety of both team mates and opposition players.

With the safety of our young players in mind and to avoid confusion for our junior members and their parents, we have decided that no player registered for ‘contact’ variations of the game at Harrogate RUFC should play or train in the bladed style of boots.

**IRB and England Rugby policy is that:**

(a) Studs of players’ boots must conform to World Rugby Specifications (Regulation 12).

(b) Molded rubber multi-studded soles are acceptable provided they have no sharp edges or ridges.

**Mouth guards** are mandatory for U9-U16. Players should purchase custom fitted mouth guards or self-fit mouth guards, through their dentist, a specialist fitter or a reputable retailer. The Club will support this by inviting a specialist fitter to attend and provide fittings during the first few weeks of each season.

**Head guards** are not mandatory for any junior age group. Whilst they have been shown to reduce superficial injuries to the head, there is no conclusive evidence that they reduce the possibility of concussions. High quality coaching, disciplined play and good tackle technique have been found to be the best way to reduce the possibility of concussion type injuries.

**Sports googles or glasses** can be worn by players for non-contact rugby. For players in contact versions of the game sports goggles or glasses CANNOT be worn.
Any protective gear is worn at the discretion of the parent/player but must conform to IRB standards.

Players should not train or play in items of clothing which could be dangerous to themselves or to others, for instance hooded tops, ripped or baggy tracksuit pants or clothing with zips. Coaches and referees must ask players to remove any item of clothing which they deem dangerous.

We ask all parents to support us in these matters which are for the safety of all young players at Harrogate RUFC. The full version of IRB Regulation 12 which covers players clothing can be found at http://playerwelfare.worldrugby.org/?documentid=51

No player will be admitted to the club house in boots or in soiled rugby clothing.

SAFETY

Safeguarding of children and vulnerable adults

At Harrogate RUFC we are committed to safeguarding the welfare of children and vulnerable adults. Everyone at the club works in partnership to promote children’s welfare, health and development and all allegations and suspicions of harm will be taken seriously and responded to swiftly, fairly and appropriately.

Adults involved in any activity of a specified nature (teaching, training care, supervision, advice, treatment or transport) which involves contact with children or vulnerable adults, frequently, intensively and/or overnight (frequently or intensively means carrying out the role at least once a week, or four times a month or more) must submit to Enhanced Disclosure and Barring Service vetting, processed and risk assessed by the RFU. This is in line with the RFU’s Safeguarding Children and Vulnerable Adults Policy, which is implemented within this club. DBS certificate applications are free and are only seen by the individual applicant and the RFU Safeguarding team at Twickenham, where clearance is approved.

The RFU’s guidance for parents and the paid and volunteer workforce can be found on the Safeguarding pages at englandrugby.com. It is based on common sense and we would ask everyone to read and comply with this guidance.

For further information regarding Safeguarding of children or vulnerable adults contact the Club Safeguarding Officer, Karen Mullen on 07530120885 or karenjanemullen@gmail.com Karen will be on duty most Sunday mornings in and around the clubhouse.

Alternatively please contact Mark Garrett or Michael Wright.
First Aid

In the event of a player being injured, the age group first aider will provide initial pitch side assistance.

It is then the responsibility of parents or guardians, or in their absence, team officials, to decide if further medical assistance is required.

Age group first aiders are provided with free training for common injuries and some rugby specific injuries such as concussion and have an RFU standard issue medical kit which will be pitch side for all matches and training sessions.

Concussion protocols will be followed and any suspicion of concussion will result in a player being removed from training or play. Players will follow the RFU’s Return to Play pathway with a minimum of 23 days exclusion from play.

It is parent’s responsibility to seek further medical advice and to advise schools and other sports teams of their child’s exclusion from play should a suspected concussion occur.

Parents should be aware that over playing can increase the likelihood of some injuries such as strains and sprains. The RFU recommend that players should be involved in no more than 17 competitive matches a season. This includes both school and club matches. We know that your children are precious to you so please make sure your age group manager and head coach are aware of their other rugby commitments.

HOUSE KEEPING

Transport and Parking

In most instances it is the responsibility of parents or guardians to transport their child to and from the club or nominated meeting point. If parents make transport arrangements between themselves this is a private arrangement and at the parents’ discretion. Such arrangements are not covered by the clubs safeguarding procedures.

When Harrogate RUFC formally arranges transport we will ensure that drivers and vehicles comply with the RFU and clubs Safeguarding Policy.

In the event of late collection of a child coaches and volunteers will attempt to contact the parents/guardians, will wait with the child, preferably in the company of others, will notify the club Safeguarding Officer and remind the parents of their responsibility to collect their child promptly.

Parents and spectators must only park in designated areas. Parking marshals will be on duty on Sundays to ensure that emergency access is maintained to all playing and training areas, and we ask you to comply with their instructions.

Parents are asked to be particularly vigilant when maneuvering in the car park as there is a
greater potential for accidents with large numbers of children on site on Sundays.

**Photographic Images**

We encourage the taking of appropriate images of children involved in rugby, celebrating the Core Values of the sport.

The club’s registration forms include a consent statement for such images.

Any parent or guardian who does not want their child photographed for any reason should talk in confidence to the age group head coach or manager. The club will then take all reasonable steps to ensure that their child is not photographed whilst playing or training at the club.

**Dogs**

Dogs may be brought on to the clubs grounds but must remain on a lead at all times and are restricted to the car park and surrounding areas and must never be taken on to the clubs playing pitches. Dog fouling poses a health risk to all players at the club and is totally unacceptable.

Dogs should not be brought to the club on Sunday mornings when there are large numbers of children present.

Dogs should not be taken into the club house due to health and safety and hygiene considerations.

The clubs committee reserves the right to ask that any dog be removed from the premises, or to impose a temporary ban on dogs for specific events like the annual festival where large numbers of players and spectators may be present.

**GETTING INVOLVED**

**Volunteering**

Our club runs on its army of volunteers but we can always do with more help to create a great experience for our players. So if you can help in any way, coaching, refereeing, managing, helping at social events, with fund raising, with the website or with publicity please let us know. Just speak to any of the volunteers you meet around the club.

All volunteer roles which involve contact with children or vulnerable adults are subject to an application process and Enhanced DBS vetting, which must be completed within 4 weeks of taking up the role.
Coaching

Young players are coached under the RFU Age Grade Regulations and boys and girls train and play together up to and including the Under 12 age group. Beyond this boys and girls play separately for safety reasons.

All lead coaches at our club are encouraged to qualify to at least level one which means they will be trained and accredited to RFU standards. The club provides free training for coaching volunteers through RFU accredited courses to enhance their knowledge and skills. In return we ask that coaching volunteers commit to regular attendance and support of their age group.

If you are interested in becoming a rugby coach please speak to your age group manager, head coach or contact The Junior Chairman, Mark Garrett.

Refereeing

The club ensures that appropriately qualified referees officiate at matches. However to cover all matches every weekend we are always actively seeking new referees. You do not need to have any previous rugby experience as full training is provided.

If you are interested in getting involved please contact Mark Garrett or Michael Wright.

Sponsorship and fund raising

We are always endeavoring to raise funds for the club through events and sponsorship.

If you might be able to help or can suggest a possible sponsor please contact the club Sponsorship Officer, Clive Wright on 07801557568 or at clive.wright@clarityarts.com
CLUB CONTACTS

CLUB HOUSE
Anne Mitchell (Club Steward)
01423 815420 / 07711 257461

JUNIOR COMMITTEE
Mark Garrett – Junior Chairman
garrettmark@me.com
Mike Wright – Deputy Chairman
mw@yorkshireheatpumps.co.uk
Mandy Kitching - Secretary
amanda.kitching@gmail.com
Karen Mullen – Safeguarding Officer
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Duncan Read – Mini/Midi Rugby Representative
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Sarah Jayne Humphries - Junior Rugby Representative
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Kate Standen - RFU Registrar
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AGE GROUP CONTACTS

U6 & 7s  Duncan Read
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U8s  Bryan Sharkey
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U9s  Matt Grant
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U10s  Simon Lloyd
07903 246647 / simon.lloyd@fljltd.co.uk

U11s  Mike Wright
07855 490138 / mw@yorkshireheatpumps.co.uk

U12s  Mark Garrett
07825 599457 / garrettmark@me.com

U13s  Paula Yates
07889 794143 / paulayates21@hotmail.com

U14s  Mark Nichols
07543 734664 / nchlm8@aol.com

U15s  Sarah Jayne Humphries
07951 359971 / sarah-jaynehumphries@hotmail.co.uk

U16s  Dave Kennell
07740 771090 / dave.kennell@uk.nestle.com

JUNIOR COLTS
Mandy Kitchen
07790 662679 / amanda.kitching@gmail.com
Are proud to sponsor Harrogate Junior rugby and wish all the players, parents and coaches an enjoyable and successful season.