



OPM Junior Rugby

A very warm welcome to OPM Rugby Club

This document contains general information about the club, rules, codes of conduct and other useful information.

There is a separate Registration Form to be completed, along with details of how to set up your payment on the GoCardless system, which you should have completed. If you haven't, then please contact your Team Manager.

All children must be registered before commencement of any fixtures and in receipt of an RFU ID number.

Please ensure that payments are made in order that your child's insurance is validated.

Rugby Core Values

Here at OPM Rugby we follow the Rugby values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship (TREDS). These are what make the game special for those who enjoy the game, the environment and culture they create. They define the game and define England Rugby.

Teamwork is essential. We welcome anyone to come and play in our team. We play selflessly: working for the team, not just for ourselves. We (children & parents) take pride in our team, rely on one another and understand that each player has a part to play. We encourage the children to speak out if their team or sport is threatened by inappropriate words or actions.

Respect mutual respect forms the basis of rugby. We hold in high esteem our sport, its values and traditions and encourage the children to earn the respect of others in the way they behave. We respect our match officials and accept our decisions. We respect opposition players and supporters. We value our coaches and those who run our clubs and treat clubhouses with consideration.

Enjoyment is the reason we play and support our children in rugby. We encourage the children to enjoy training and playing. We use the sport to adopt a healthy lifestyle and build life skills. We safeguard our children and help them have fun. We enjoy being part of a team and part of the rugby family.

Discipline Strong discipline underpins rugby. We ensure that it is one of controlled physical endeavour and that we are honest and fair. We obey the laws of the game which ensure an inclusive and exciting global sport. We support our disciplinary system, which protects our sport and upholds its values. We observe the sport's laws and regulations and report serious breaches.

Sportsmanship is the foundation upon which rugby is built, and this we try to instil in all our children. We uphold the rugby tradition of camaraderie with team mates and opposition. We observe fair play both on and off the pitch and are generous in victory and dignified in defeat. We play to win but not at all costs and recognise both endeavour and achievement. We ensure that the wellbeing and development of individual players is central to all rugby activity.

We always need **Volunteers....**

All volunteer roles are subject to a DBS disclosure before commencement.

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 open up and get the pitches set up, run the kitchen, man the car park, make the hot drinks, 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, Kitchen, Changing Rooms and general duties. Please step forward, to help out when it's your age groups turn, it will be greatly appreciated by everyone and it cannot be done without YOU!!

The club provides each player with a free meal after they have played a match. The food is made available in our kitchen, by the age group volunteers. If your child has any specific dietary requirements, please let us know in advance, so that we can try and cater for their needs.

For the club to continue to run **WE NEED YOUR HELP.....** Are you a Builder, Plumber, Electrician or a Marketing guru? Or do you have other skills to offer? If you feel that you could give any time to help the running of the club and its facilities, please speak to any committee member, your coach or parent rep.

Club Safeguarding OPM Rugby 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 concept of promoting the child's welfare in every way possible

All coaches and other volunteers who are involved with the Junior section of the club are all DBS checked.

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.

Advice for Children Rugby is fun - it gives you the opportunity to make new friends, try out new activities and amaze yourself with what you can do!

For a few children the fun is spoilt by people who do or say things during sporting activities that hurt or frighten them. What these children are experiencing may be abuse. And they may feel they have no one to talk to about it. Or that no one will listen to them or believe what they say.

If something is worrying you? Don't keep it to yourself.

Tell an adult you trust as soon as possible. This could be a parent or someone else in your family; another member of staff at the club; a teacher or school counsellor; your doctor or school nurse.

Speak to your club Safeguarding Officer who will have a good knowledge of the RFU guidance on safeguarding children in rugby.

The Safeguarding Officer is there for all children involved in rugby and makes the needs of these a priority. If you have a concern about yourself or another child, how you are being treated by others or something that is making you unhappy please let your Club Safeguarding Officer know. They are there for you.

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. jewellery 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 park, 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). Indeed 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 personal safety.

Training & Attendance Training sessions are held each week during the playing season at King George V Playing Fields, Haye Road, Elburton, Plymouth, PL9 8HR. It is expected that all parents/carers remain in situ with their child/children during training or matches.

All age groups meet on Sunday at 10am for either training or matches. Some Sundays will be away matches and the children will be required to be taken and supervised at the game.

Contact teams from U9's and above also have a training session on a Thursday evening 6 - 7pm.

If you are unable to make any of the training sessions or matches please let your Parent Rep know as soon as you can, so that we are able to make alternative arrangements if necessary to do so. Your Parent Rep will text out details as soon as they receive them, regarding games. Usually meet time, address/postcode and any other details you may need.

We try to follow Rugby game etiquette, whereby we change into smart dress (blue club shirt, club tie or maroon club polo shirt and grey/black trousers) after the match to sit as a team with the post match food. We would encourage the children to do this, and have a match debrief, where player of the match is announced.

We wish you an enjoyable season watching your child progress, and become a rugby star!

If you need to contact us, you can do so via ~



opmrugby.com

