

Ely Tigers Rugby Football Club



Family Welcome & Induction Pack 2018-19

Come and Give us a Try!



TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

Rugby Football Union. The RFU Rose and the words 'England Rugby' are official registered trade marks of the Rugby Football Union.

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.

Core Values

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



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Introduction and Welcome

Dear Parents & Players,

Welcome to a new season at Ely Tigers Rugby Club. If you were members last season welcome back for another year, if you are joining us for the first time, congratulations on becoming an Ely Tiger (or Tigress).

We have for many years successfully run teams from under 7 through to Colts. This season will see us back at full strength running a team in all of these age groups and with the decline of rugby in many schools, this is a great achievement and one that we should all be proud of. We're also very excited, based on last year's success, to be continuing girls' rugby at Ely this season for those girls that want to keep playing beyond the minis age groups where we play mixed rugby.

Over the last few years we have had a steady growth in playing membership across a number of age groups. This is a great achievement but it has also forced a number of age groups to operate multiple teams to ensure the children get fair game time. This can sometimes be a struggle and I would request you all support the coaches in their role to get all the children game time. Our fixtures secretary works very hard to ensure we have a full fixture list for the season with quality opposition whilst also entering into a number of festivals, this gives us the best opportunity to ensure playing time for all.

Ely Tigers is run by unpaid volunteers who give up their time to run the club or an age group and without the time and dedication of these volunteers it would not be possible for the club to operate and function and I thank you all for this continued support and commitment.

I would also like to take this opportunity to invite all those parents/guardians not yet involved to become an active volunteer either within your child's age group or with the wider Tigers community as I am sure you would find it enjoyable and rewarding to be part of this great community club.

I am confident this season will be another successful one for all those children and adults involved within the club both on and off the pitch.

Chris Day, Chairman

Mini & Youth Section Contacts

Name	Position	Email
Chris Day	Club Chairman	C_m_day@hotmail.com
Christian Griffin	Mini Section Chairman	Christiangriffin73@gmail.com
Alex Skingley	Youth Section Chairman	skindog@live.co.uk
Serena Storey	Safeguarding Officer & Membership Secretary	serenastorey@outlook.com
Karen Wilson	Mini & Youth Fixtures Secretary/ Club Secretary	elytigersrufcsec@outlook.com
Charlotte Pindar	Girl's Rugby Chairwoman	elytigresses@gmail.com
Emma Gunbie	Club Treasurer	emmagunbie@hotmail.co.uk
Becky Case-Upton	Volunteer Coordinator	Beckycu148@gmail.com

Mini & Youth Head Coach/Team Manager contact details can be found on our website – <http://elytigers.rfu.club/>

There will be training or competition every Sunday morning between 1st September and 30th April (weather and pitch conditions permitting) except for Christmas, New Year and Easter. The fixtures and weekend training schedules are arranged and published in advance – see the club website for details. Short notice changes will be advised by the managers.

Sunday Morning Training

Minis coaching is on a Sunday morning between 9:30am and 11:30am, with lots of breaks built in. Coaching involves rugby handling skills, moves, non-contact games and contact games for the older groups.

The clubhouse is often open on training days serving hot drinks and bacon butties. However, it is essential for the Minis age groups that parents/carers are nearby. Occasionally children will get hurt training and although we have trained first aiders, the children often only feel better when Mum, Dad or their carer is with them. Children also love to show you how much they are developing and the fun they are having. So, stick around and be part of something special!

Youth coaching is on Sunday mornings between 11:30am and 1:30pm. Most teams also run a second coaching session one evening during the week.

Parents must ensure that players attendance has been entered into the manager's weekly register and in the Minis – that either they, or a suitable responsible adult is present at all times.

Sunday Fixtures

All age groups, except U6s, play club fixtures and rugby festivals against other Eastern Counties clubs. Kick off times will vary and be communicated on a weekly basis.

At U14s and above the teams also compete in county cup tournaments.

Parents should ensure that they know whether there is a match or training on any given date.

Girl's Rugby

We play mixed rugby through to U11s. From U12s (School Year 7) the girls break away to play their own game.

The women's professional game has seen enormous success at both the premiership level and internationally. As a consequence of this, girls' rugby has become the fastest growing team sport in recent years! We think this is fantastic and believe that it is only right for girls to have the same opportunities and access to sport as their male peers.

We started the girls' section, The Ely Tigresses, at Ely RUFC last season. We train every Tuesday from 6.30-8.00pm and cater for girls aged 11 to 18. All the girls need to bring is themselves (and any friends who want to have a go too), a water bottle, warm layers and thermals if they have them, studded boots and a moulded gum shield.

We had a brilliant turnout from our very first session and regularly saw 25+ girls from schools all over Cambridgeshire. This season we want to expand upon our excellent start and to have even greater numbers of players enjoying rugby. Last season we played 3 fixtures in partnership with Diss RUFC. We'd love to build on that and give our Tigresses more chances to represent their club.

One of the biggest misconceptions about rugby is that one must be a hulking, great big person, who's hugely athletic and very aggressive. This is definitely not so! Regardless of your size, shape, height, fitness and previous experience (or lack thereof), rugby is a game for everyone. If you're small but agile and speedy, you could zip past the defenders. If you're a bit bigger and have sometimes felt uncomfortable in your skin, rugby could be the key to finding confidence in yourself and unlocking hidden abilities. We are one team. We all add value.

There's also so much more to the game of rugby than the tackle! We do a lot of work on the principles of play- Possession, Going Forward, Support, Continuity and Pressure. It stands to reason that if you want to maintain possession of the ball, to carry on going forward, to apply pressure, to keep up continuity and to support your teammates; you need to communicate, to run into space, to keep the ball alive, to offload the ball rather than running into contact and to follow that pass to support the ball carrier! We saw our players coming on in leaps and bounds in their knowledge, technical understanding, fitness, tactical and physical ability last season, as a direct result of this focus. We look forward to seeing all the progress our girls will make this season.

Most importantly, we're committed to creating an environment in which the girls have fun, make friends and feel part of a team. If they learn something, get some fresh air and do some healthy exercise at the same time, even better!

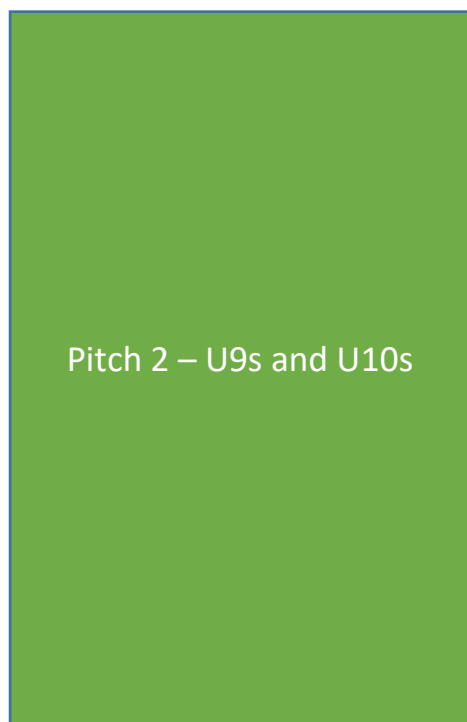
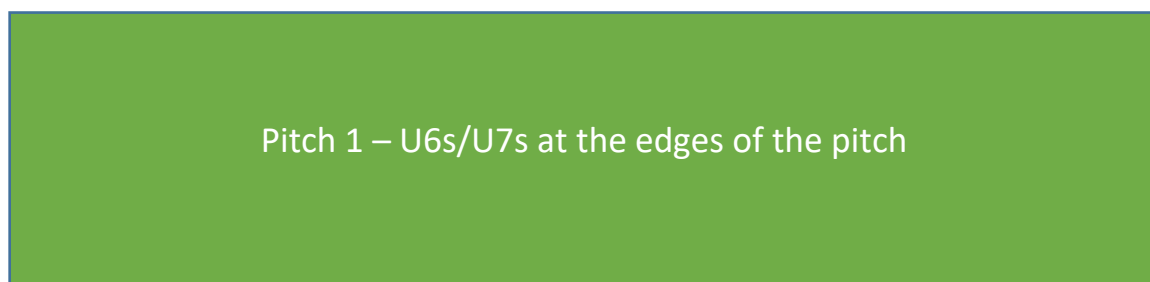
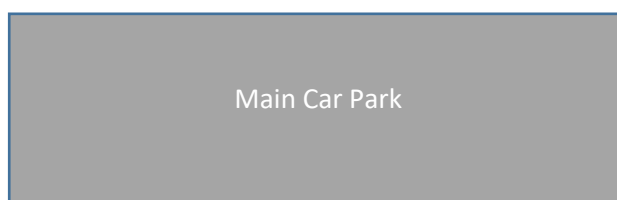
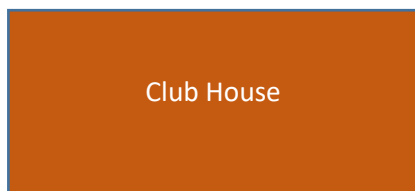
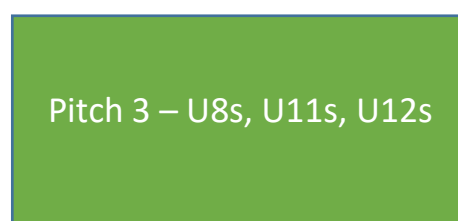
Rugby is the game of our lives. We hope it will be yours too.

Charlotte Pindar
Girl's Rugby Chairwoman



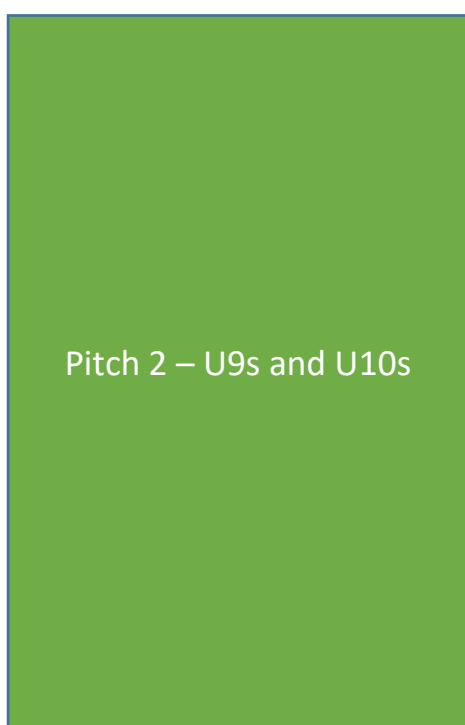
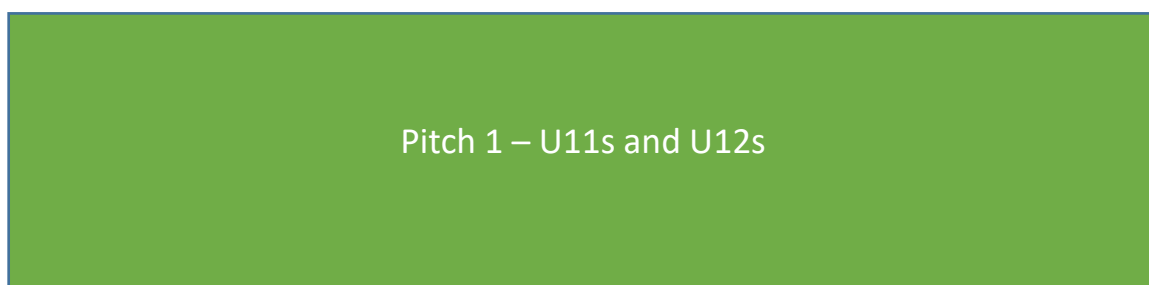
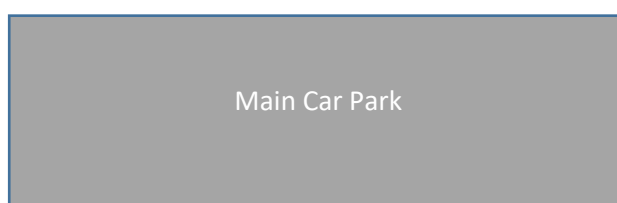
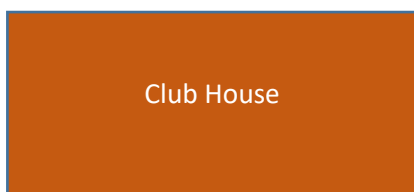
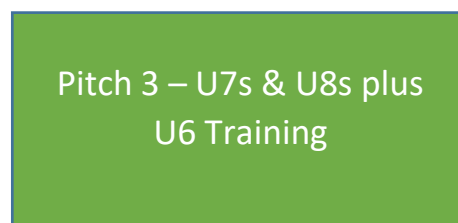
Pitch Locations – Minis Training

(Please use designated walkways to move between pitches) Youth pitch assignments are made on a week by week basis.



Pitch Locations – Minis Game Days

(Please use designated walkways to move between pitches) Youth pitch assignments are made on a week by week basis.



Age Group and Basic Rules

The rules of the game for Mini and Youth rugby change as the children move up the age groups from under 6 until they eventually reach full rugby when they transfer to the senior club.

If your family are new to the game, or need a refresher, you might want to read [The Beginners Guide to Rugby Union](#)

Mini Tag Rugby (U6 – U8)

The emphasis in Tag Rugby is on enjoyment and learning the physical skills of running with the ball, evasion, running in support of the ball carrier, passing and running to tag the ball carrier. The object of the game is to score a try by placing the ball with downward pressure behind the opponent's goal-line. Diving over the goal-line is not permitted at U6 and U7. All players wear a Tag belt, around their waist, with two tags attached to it by Velcro. The ball can only be passed sideways and backwards through the air, not handed to another player.

The ball carrier runs and dodges potential 'taggers'. A 'TAG' is the removal of one of the tags by a tagger, at which point the ball carrier must pass the ball quickly to a team mate. The player must then retrieve their tag from the tagger before re-joining play. No contact is allowed, apart from the removal of a tag from the belt of the ball carrier. The ball carrier cannot fend off the opposition using their hands, likewise the opposition cannot barge the ball carrier, pull the ball out of their hands, pull their shirts, run in front of or force him/her into touch, etc. Any contact will be penalised with a free pass. There is no kicking of any kind allowed in Tag Rugby.

Mini Contact Rugby (U9 – U12)

U9 rugby introduces full contact tackles for the first time. Team size and length of the game increases. More of the complexities of rucking, kicking, mauling, scrums and lineouts are added each year, teams get bigger and so do the pitches.

Youth and Colts Rugby (U13s – U18s)

Structures for the U13s to U18s, the players evolve into the 15-a-side full contact games, putting into practice the skills and techniques taught through the minis development programme. There are some key issues relating to scrummaging and lineouts that are not permitted at the youngest age groups and some that remain until adult rugby only.

Age Grade Rugby Guide

Team is determined by age on 31st August each year

We play mixed rugby through to U11s. From U12s boys play single age band rugby and girls play joint age band rugby at U13, U15 and U18

Structure		Development Level	Playing Time	Players per side (Max)	Ball Size	Pitch Size
Team	School Year					
U6	1	Non-Contact Tag Rugby	Under 6s are not allowed to play in any fixtures until after their 6 th birthday – for all those younger than 6 we provide Sunday training sessions to introduce them to the basics of the non-contact game			
U7	2	Non-Contact Mini Tag Rugby	10 minutes per half	4-a-side	Size 3	20x12
U8	3	Non-Contact Mini Tag Rugby	10 minutes per half	6-a-side	Size 3	45x22
U9	4	Mini Contact Rugby -Tackle including hold	15 minutes per half	7-a-side	Size 3 and 4	60x30
U10	5	Mini Contact Rugby 3 player uncontested scrum Ruck and maul Tackle not hold	15 minutes per half	8-a-side	Size 3 and 4	60x35
U11	6	Midi-Rugby 3 player scrum Kicking – no fly hack	20 minutes per half	9-a-side	Size 4	60x43
U12	7	Midi Rugby 5 player scrum Fend-off below armpits	20 minutes per half	12-a-side	Size 4	60x43
U13	8	Junior Rugby 6 player scrum Kicking – flyhack	25 minutes per half	13-a-side	Size 4	90x60
U14	9	Junior Rugby 8 player scrum Kicking at goal Uncontested lineout	25 minutes per half	15-a-side	Size 4	100x70

U15	10	Junior Rugby Uncontested lineout – lift permitted	30 minutes per half	15-a-side	Size 5	100x70
U16	11	Junior Rugby Contested lineout – lift permitted	35 minutes per half	15-a-side	Size 5	100x70
U17/U18 – Colts	12+	Colts Rugby	35 minutes per half	15-a-side	Size 5	100x70

Clicking on the link in the team name column will take you to more details for the specific age group. If you wish to look at the latest detailed laws laid down by the Rugby Football Union, they can be found at the following website [RFU Governance](#).

If you ever have any questions always feel free to ask the coaches in your age group and they will explain what it's all about!

Selection

There should be no streaming in competitive games until U9s when size, positional play and physicality become a major issue, except for maybe two or three key festivals where we will be asked to enter A and B and possibly C sides if numbers allow.

There should be NO streaming in training – strong players should mix with those that need developing. It is recommended each group divides its children into squads of equal mixed ability e.g. Tigers/Lions/Panthers for the entire season. These squads take turns to represent the age group in competitive fixtures where we have limited opposition, but at home games ALL players must have an opportunity to play against another club.

Registration and Fees

Registration for all players is mandatory. RFU youth registration forms must be completed for all new mini and youth players and returned to the Club Membership Secretary. Team Managers may be required to produce, for inspection, registration numbers for each player when participating in fixtures and festivals. ALL parents must also complete the annual Ely Tigers registration form and an updated medical records form in the first two weeks of the season.

We have an annual membership fee and don't charge any weekly fees. We use funds raised through membership and other fundraising activities to provide free food after all matches, buy new equipment and pay for entry in tournaments.

Membership fees for 2018/19 for Mini & Youth players are £90 (£60 for a second child and £30 for a third and each additional child in the same family)

For girls rugby (U13 and older) the membership fee is £45

Payment can be made in full at the start of the season or you can spread the cost across the season with monthly payments. Details of payment options are available on our website.

Kit and Protective Equipment

The Club Shop is open regularly on Sunday training days (although not every week). They stock an array of kit including Match Shirts, Club Shorts, Socks, Training Tops, Tracksuit Bottoms, Hats, Polo Shirts, Hoodies, Jackets. There is also a range of adult sizes available so that you can show your support for the team! The latest prices are available from the shop or on the club website. Payment is by cash, cheque, credit or debit card. You can also order directly from the website. Are you willing to join the Club Shop Team? Volunteers are needed.

All players are expected to play matches in a Tigers playing shirt. These are supplied for match days, but you also have the option of purchasing a personalised/named shirt for your player. In addition, you will need:

- ✓ Black Shorts – any make, however Tigers shorts are available from the Club shop.
- ✓ Tigers Socks
- ✓ Rugby boots with studs that meet the British kite mark standard (football studs are not acceptable).

Minis are not expected to 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. We would, however, encourage players to change

as this helps them with good habits expected in the future. Boots are not allowed in the club house at any time.

We expect all Youth players to change into trousers and a shirt with a Club tie, as directed by their Head Coach, after all games at home and away. Your support with this is greatly appreciated.

The safety of the player is paramount. **Zips are not permitted on any clothing whilst training or playing and children should not be wearing any jewellery.** It is important that children have adequate clothing to keep warm and dry at both training sessions and matches. A tracksuit or sweatshirt, hat, gloves, and a waterproof jacket are recommended.

We recognise that the wearing of protective equipment by players of all ages is an individual decision. However, for all youth players and Minis in the **U9s age group and above, all players must have a good well-fitted mouth guard at all training sessions and matches.** Any player not wearing one will be turned away from training/matches by their coach. This is in the interest of their own safety.

The wearing of other types of protective equipment by any player i.e. head guards, shin pads, shoulder pads etc. is a personal preference. Whatever protective clothing is worn it **MUST** be IRB approved and be the correct size and fit for the player who is wearing it.

Our Partnership with Saracens

We have chosen to forge a strong relationship with Saracens, the current Aviva Premiership Champions, for the benefit of our members. As a result, we can take advantage of their Community Partner scheme which enables us to:

- ✓ Offer coaching sessions and camps for players
- ✓ Coach Education courses to improve our coaching standards
- ✓ Offer opportunities to our young players to participate in pre-game guards of honour at Saracens home games
- ✓ Take our Mini players (last year we took almost 150!) to the annual Pride in Unity parade before the Saracens/Harlequins game in the Spring and stay to enjoy the game – often the first experience our young players have of a professional game

Safety

Parents are often most anxious about the contact aspect of the game. We understand these concerns but want to reassure you that we take the utmost care to ensure our players are coached fully in how to safely tackle and how to be tackled. We take their safety very seriously. If a player appears injured, the coach/referee must stop play immediately. He/she must not wait for the ball to go dead, or for anything else. The whistle must be blown at once. It's better to be safe than sorry! Obviously, they must use judgement – players don't want to stop for every minor knock – but it is usually possible to tell when a child is hurt.

Take no chances **act fast** – but act with caution. An injured player must not be moved. Essentially other people/players must be stopped from rushing in and hauling the player to his/her feet. They may mean well, but they could make the injury worse. Instead invite him/her to get up. If it still hurts them to move, let them stay where they are and send for expert help. If they seem stunned they may have been concussed – if so they cannot continue to play and must **leave the field** and have a medical examination. Please refer to the RFU concussion guidelines [Headcase - Prevent Concussion in Rugby](#)

Medical Provision

Ely Tigers has first aiders in all age groups. If parents have similar training, please volunteer to be the 1st Aider for your child's age group and get yourself added to the club's list of first aiders.

Dangerous Play

Dangerous play can cause injury. Coaches and referees must be particularly vigilant to prevent it.

- a) High tackling (level with or above the arm pit) is dangerous – penalise it.
- b) Collapsing a ruck or maul is dangerous – penalise it.
- c) Sloppy scrummaging leads to collapsed scrums – keep the heads no lower than the hips
- d) Hand offs and fend offs are dangerous (U7-U12) – penalise it
- e) Tripping with the foot is dangerous – penalise it
- f) Hanging on to the ball while lying on the ground is dangerous (to the holder) - penalise it
- g) There will always be knocks and bumps in mini/youth rugby, but if dangerous play is eliminated, then many serious injuries will never happen. After a stoppage for injury, restart play with a free pass or a scrum to the team who had possession of the ball immediately prior to the stoppage.

Discipline

If the referee decides to send a player off, he/she must stop the match, call the individual player aside from the other players and invite the coach of that player onto the field. The referee must explain to the coach and the player why he/she feels that the player's behaviour is unacceptable, and instruct the coach to provide a substitute. The player is to take no further action in that match or festival. It is the responsibility of the coach to speak to and educate the player as to why he/she was sent off.

Safeguarding

The latest Safeguarding Policy is posted on the Club notice board and on the website.

Ely Tigers 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 staff who are involved with the Mini & Youth sections of the club are DBS checked. We have appointed a Safeguarding Officer who has attended all the relevant training.

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.

Serena Storey

07463 910285

Serenastorey@outlook.com

Safeguarding Assistant

Lisa Sandle-Brownlie

07753 604229

lisa@sandle-brownlie.co.uk

- ✓ Children should never be left alone or dropped off alone at the club. Our coaches have not volunteered to be child-minders! If you cannot be pitch-side, for however short a time, the Head Coach of your age group must be informed, and another adult must take responsibility for your child and be aware that they are doing so. This includes having an emergency contact number. It is extremely important that your child and your child's coaches are made aware of who has responsibility in your absence.
- ✓ In summary, the following are NOT acceptable and will be treated seriously by the club and may result in disciplinary action being taken by the club, the CB or the RFU:
 - Working alone with a child or children
 - Consuming excessive alcohol whilst responsible for children
 - Providing alcohol to children or allowing its supply
 - Smoking in the presence of children
 - Humiliating children
 - Inappropriate or unnecessary physical contact with a child
 - Participating in, or allowing, contact or physical games with children
 - Having an intimate or sexual relationship with any child developed as a result of being in a 'position of trust'
 - Making sexually explicit comments or sharing sexually explicit material

Club Behavioural Policy

Whether playing, training or watching a game of rugby, the way you behave reflects YOU, YOUR TEAM and ELY TIGERS. This guidance is set up to create an environment where the children, parents and coaches all value, respect and encourage one another to build a happy, relaxed and enjoyable atmosphere.

Coaches Code of Conduct:

- ✓ Be reasonable in your demands on your young player's time, energy and enthusiasm; remember that they have other interests too.
- ✓ Consider the wellbeing and safety of players before development of performance.
- ✓ Develop an appropriate working relationship with players based on mutual trust and respect.
- ✓ Teach your players that the Laws of the Game are mutual agreements that no one should break
- ✓ Avoid overplaying the talented players – the other players need and deserve equal time and may well become the star players of tomorrow if encouraged and nurtured correctly
- ✓ Children play for fun – winning is only part of it.
- ✓ Never yell or ridicule children for making mistakes or losing. Encourage them to value their performances (win, lose or draw) and their behaviour.
- ✓ Follow the advice of a Doctor in determining when an injured player is ready to play again.
- ✓ Gain respect by being generous with your praise when it is deserved and set a good example in every way.
- ✓ Improve your players through coaching – frequent match play or long practice sessions do not guarantee successful development.
- ✓ Reward sportsmanship and good behaviour
- ✓ Fair play must be highly valued by the players
- ✓ Be fully aware of your responsibilities with regard to the club's Child Protection Policy and also the RFU guidelines.
- ✓ Hold current and appropriate coaching qualifications and be DBS checked
- ✓ Never encourage rule violations or rough play.
- ✓ Make sure all activities are appropriate to the age, ability and experience of those taking part.
- ✓ Display consistently high standards of behaviour and appearance.

Players Code of Conduct

- ✓ Play the game for the fun of it - not just to please parents or coaches
- ✓ Learn the laws of the game – and play by them
- ✓ Accept the referee's decision – even when they are wrong, they are right!! It is the 'Rugby Way'
- ✓ Keep trying – even when it seems hopeless, never let your head drop!! Play as well as you can until the final whistle

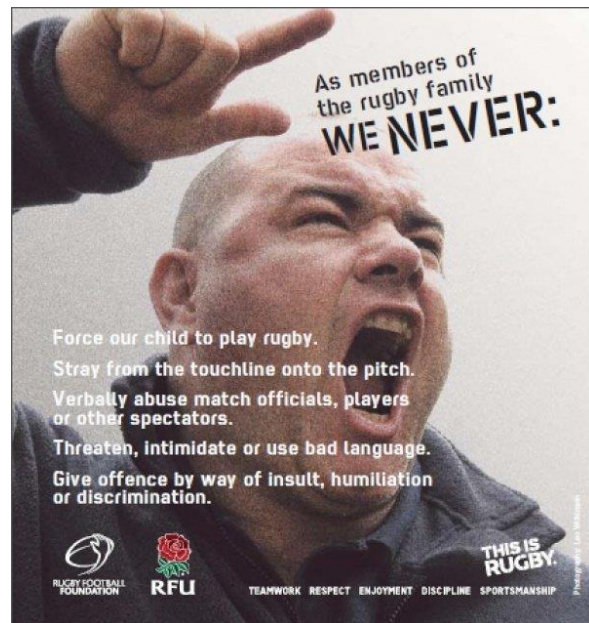
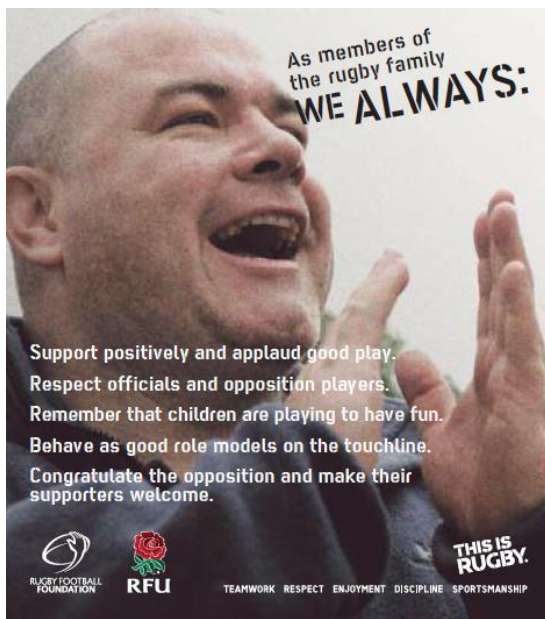
- ✓ Be a good sport – recognise good play, whether it is by your own team or by the opposition. You can learn valuable lessons when the opposition are playing better than your own team.
- ✓ Learn how to lose with dignity – valuable life skills can be learned by taking defeat in a dignified way. Hold your head up high and congratulate the opposition on their victory.
- ✓ You cannot win them all – it would hardly be worth playing if you did, as there would be no sense of achievement!
- ✓ Treat all players as you would like to be treated – do not harass, bully, or take an unfair advantage of any other player
- ✓ Remember – as well as enjoyment, the aims of the game are to improve your skills, and to keep you fit and healthy.
- ✓ Co-operate – with your coach, referee, team mates and opposition. Without them you do not have a game.
- ✓ Do not over celebrate – after scoring, or after the match
- ✓ Never demean or ridicule the opposition – either by words or actions when you are winning. You wouldn't like it to happen to you!
- ✓ Get to know your opposition – you will realise that they are no different to you; they just wear different colour shirts! You will find that many of them will be friends you will keep throughout your life even if you never play for the same club.

Be proud of your club. Your actions reflect on you and your club – make sure they are positive ones, not negative!

Parent/Spectator Code of Conduct

- ✓ Do not force or cajole an unwilling child to participate in rugby.
- ✓ Teach the child to know and always play by the Laws of the Game.
- ✓ Instil in the child an understanding of the value of coaching.
- ✓ Always keep OFF the pitch and let the coach 'call the shots'.
- ✓ Recognise the effort and importance of coaches and referees – they give freely of their time to provide rugby for the children.
- ✓ Learn that children play rugby for their own fun, not to entertain you!
- ✓ Stress the need to respect referees. DO NOT abuse them publicly yourself by questioning their honesty or decision-making.
- ✓ Never ridicule or scold a child for making a mistake – always offer support and encouragement.
- ✓ Applaud good play by both teams – they will hear this.
- ✓ Do not shout continuously – they will not be listening.
- ✓ Encourage honest effort – teach children that this is as important as victory.
- ✓ Set a good example to everyone else by YOUR behaviour
- ✓ Always challenge the use of bad language and behaviour.

No child makes mistakes on purpose. AVOID the negative, APPLAUD the positive.



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
- ✓ 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

Anti-Bullying

Bullying of any kind is not acceptable at Ely Tigers. The RFU and our club have a “telling” culture where bullying is concerned. We expect anyone be they adult or young person who knows that bullying is happening to report it to the **Club Safeguarding Officer – Serena Storey**.

It is the responsibility of all adults at the club to ensure that all young people within the club are able to enjoy rugby in a safe and enjoyable environment.

Main Signs and Symptoms of Bullying

A child may indicate by signs and symptoms of behaviour that they are being bullied. Children and young people have previously described bullying as:

- ✓ Being called names
- ✓ Being teased
- ✓ Being hit, pushed, pulled, pinched or kicked
- ✓ Having their bag, mobile or other possessions taken
- ✓ Receiving abusive text messages
- ✓ Being forced to hand over money to another child
- ✓ Being forced to do things that they do not want to do
- ✓ Being ignored or left out
- ✓ Being attacked because of religion, gender, sexuality, disability, appearance or ethnic or racial origin

Other signs and symptoms

A child or young person:

- ✓ Does not want to attend training or other club activities
- ✓ Changes their usual routine
- ✓ Begins to be disruptive during sessions
- ✓ Becomes withdrawn, anxious or appears to lack confidence
- ✓ Becomes aggressive towards others, disruptive or unreasonable
- ✓ Has possessions go missing
- ✓ Starts to stammer
- ✓ Has unexplained cuts or bruises
- ✓ Starts to bully other children
- ✓ Stops eating
- ✓ Is frightened to say what is wrong

BULLYING WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES

How Can You Help?

Like most other grassroots rugby clubs, we run on the goodwill and commitment of a small number of volunteers. All our coaches and helpers enjoyed watching their children play rugby and have decided to put something back into the game.

The club will pay for coaching courses, so if you're interested in becoming part of our Minis or Youth coaching team then please discuss this with your Head Coach or Team Manager. They will point you in the right direction. Knowledge of the game is not crucial as you will be given all the guidance you need.

We also need your help as Team Managers, First Aiders and Referees. All volunteers who have direct contact with children at the club will be required to pass a mandatory rugby specific DBS check (formerly a CRB check).

If fundraising, sponsorship or advertising is your area of expertise then you might be interested to know that the club has a team who are dedicated to this and are always looking for help.

The club also hosts maintenance days throughout the season: a chance to refresh and improve our facilities so that we always look at our best.

We also ask for your help with car parking when we play host to visiting teams. This is for an hour or so on a few Sunday morning and is usually shared around all the parents so will never be a frequent activity or a burden.

There may also be occasions when help is required at special events at the club. If you can contribute in any way, we'd be very grateful.

Communication

Our Website - <http://elytigers.rfu.club/>

We are very active on Social Media just look for Ely Tigers on Facebook and Twitter.

Many of our age groups also have a closed Facebook group page so up to date information can be easily shared and action photos of the games can be distributed quickly. Just ask your Head Coach or Team Manager for more information. Please note, per our Safeguarding Procedures, players should not be included in any social media groups run by coaches or managers.

Because of the numbers in each age group, the lead coach/admin parent of each age group will send out a weekly communication via email about each week's activities and anything else happening at the club. If you do not receive these emails, please make contact with the Head Coach via the Club website.

Insurance

All paid up members are covered under the basic RFU Insurance Scheme for permanent disablement whilst playing for the Club.

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, watches, phones) 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 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 not accept liability for loss or damage in respect thereof.

Did you Know??

That we always need volunteers...

The Club relies on a 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 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 and Bar Duty. Please step forward if you can, to help out when it's your age group's turn, it will be greatly appreciated.

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

The club provides each player (Ely and opposition) with a free meal after they have played a match. For the minis this is usually a hotdog and for the Youth teams we rely on the catering creativeness of parents. All food is cooked and served by our volunteers.

That the clubhouse is available for private hire...

We are proud to be a core member of Ely Outdoor Sports Association who manage the entire site (Rugby, Tennis, Hockey) and facilities. If you're interested in booking the club facilities for an event/function, please contact EOSA via their website <https://www.elyoutdoorsports.co.uk/>

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

After the success of adult tag rugby last year, we have decided to move over to the more mainstream and popular version of Touch Rugby. We meet every Monday evening at the club from 7:30pm. This is a fun non-contact sport suitable for anyone aged 16 and over – any ability welcome!

That we have great opportunities for sponsorship...

With such a rich and diverse membership base and weekly links with other rugby clubs, we are always interested in discussing great commercial opportunities available around sponsorship. To ensure fairness and a whole club approach to sponsorship these discussions are best done through and with the committee. If you own or work for a company who might be interested in developing a sponsoring relationship with the club, please contact your age-group manager in the first instance or email our Sponsorship Secretary, Liz Dockerill, elytigerssponsorship@gmail.com

ANYTHING ELSE?

Plenty! It's not just all about rugby on a Sunday. We have days out at Premiership rugby matches (sometimes as guards of honour as the teams run onto the pitch), training on different days and away from HQ, Minis parties in the clubhouse plus there's a host of special events at the club all through the year.

We have a very active fundraising and events group **Friends of Ely Tigers** who actively support the club community. They host a tuck shop every Sunday for the minis section and several events and fundraising activities throughout the season. Please follow them on Facebook - [Friends of Ely Tigers](#) - to keep informed of events and if you'd like to get involved, or have ideas for events you'd like to help organise, please send them an email friendsofelytigers@gmail.com .

At the end of season, we celebrate everyone's contribution with a family fun day for the minis section and a more formal awards dinner for our youth teams. This gives a chance for the coaches to highlight exceptional achievement or development throughout the season and we make sure everyone goes home with a trophy/medal.

Most clubs will have hot snacks for sale during matches, including ourselves, and the children enjoy hot food (both home and away) when we play fixtures with other clubs. It's all part of the social side of rugby.