

When are the training times?

Training Times – Sundays/Thursdays

SUNDAY

10.30 – 11.30; U6's – U8's (Year 1 –Year 3)

10.30 – 12.00; U9's – U12's (Year 4 – Year 7)

THURSDAY

7.00 – 8.30; U13's upwards

September through to April

Please note: Start and finish times will vary on match days.

Coaches are not responsible for youngsters who arrive earlier than requested.

What kit do I need?

Players should come adequately equipped to cope with the likely weather conditions. Shirt and shorts are fine for warm weather. When it's cold and wet, layers of warm and waterproof clothing are essential (waterproof top/tracksuit bottoms or similar, hat and gloves).

Boots with studs that are kite marked and recommended for rugby.

A gumshield is advisable and a bottle of water.

Protective clothing e.g. headguards, shoulder pads, may be worn if they conform to IRB (International Rugby Board) Regulations

Match Kit – Club shirt, white shorts and green socks are required. These can be purchased from the Club Shop on a Sunday morning from 12.00 – 1.15pm.

Bring a change of clothing (and a towel) for after training/matches. Dirty kit, boots and kit bags are not allowed in the social area of the clubhouse.

When are fixtures played?

Fixtures are played on Sunday mornings, from September through to April only. The fixture list is arranged in accordance with the RFU Youth Structured Season by our fixtures secretary. The fixture list is posted on the notice board and the website. If you would like a hard copy, please ask. Fixtures are added to the list throughout the season or due to unforeseen circumstances cancelled at short notice, so check with your coach for the latest information.

Can parents help out at the club?

Parents/guardians are encouraged to get involved and help out at the club if they wish to do so.

The club is run entirely by volunteers. Most of the coaches are parents and/or players or former players.

We are always looking out for willing volunteers for First Aid, Fundraising and general duties around the club – if you feel you are able to help out in any way

please contact our volunteer co-ordinator (Toni Birch) on Tel. 01535 652764
wharfedaleshop@hotmail.com

General Information

The objective of playing rugby is to have fun and that means being warm, safe and properly kitted out. Set below are some key points regarding safety.

- We strongly recommend that gumshields/mouthguards are worn for training and matches (preferably one prepared by your dentist).
- No jewellery to be worn.
- Do not chew gum.
- Wear kite marked studs recommended for rugby. Regularly examine boots and replace any worn or missing studs.
- Severe weather clothing. All players should come adequately equipped (warm/waterproof kit, hats, gloves) to cope with the weather conditions that can occur during the winter months. If players are cold and wet they are unlikely to enjoy themselves and may be put off rugby.
- If not already done so, all players should have a preventative course of tetanus injections. GPs should be able to advise.
- Injuries. We all hope that no player gets hurt. If, unfortunately they do, first aid will be administered at the site and the parent/guardian notified. If, in the opinion of the first-aider the child needs hospital treatment, appropriate arrangements will be made. If a parent/guardian is unavailable, the club will ensure the child is accompanied and the parent/guardian notified as soon as possible.
Where concussion is sustained the player will be removed from the field and irrespective of age, will have a compulsory 21 days off rugby.
- Medical or other conditions. Parents/guardians must notify coaches of any conditions, eg asthma, diabetes, which may affect a player during a session. Under no circumstances will a club member/coach accept responsibility for securing or administering a child's medication.
- Sorry no dogs allowed on the pitches. Please keep dogs on leads at all times and well away from where youngsters are training.