



**Long Eaton Rugby Football Club**



West Park - Long Eaton

Established 1969

[www.longeatonrfc.co.uk](http://www.longeatonrfc.co.uk)

# Welcome to Long Eaton Rugby Football Club

*We welcome you to your Rugby Club and enclose this Welcome Pack which includes all the relevant information about the Club, including policies and subscriptions, memberships and general forms.*

*If you have any questions or queries please do not hesitate to contact the people below*

**Chris Brookes**  
Chairman

07999 494 378

[christopher.m.brookes@gmail.com](mailto:christopher.m.brookes@gmail.com)

**Vic Dickerson**  
Secretary

07882 799500

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**Des Chapman**  
President

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## ***Our Mission Statement'***

"Long Eaton RFC aim to be a Leading Community Club, providing first class facilities for; Coaching, Playing, Volunteering, Supporting and Socialising.

A Club for everyone to be proud of."

The Management Team

# **CHOOSE RUGBY, CHOOSE LONG EATON**

# Long Eaton RFC

## The Past, Present and The Future

### The Past

In 1969 a group of local people, mainly businessman and school teachers decided to form Long Eaton RFC. In the first season only 3 games were played before becoming full members of Derbyshire RFU in 1969. The club soon progressed to running two sides in 1971, and then by 1974 was running four senior sides. In 1982 the club ran a colts section which lasted three years, and then returned to running four senior sides through until the late nineties when gradually over a number of years the club was resigned to running one side in 2008, presently the club run three senior sides. Along with the decrease in playing numbers the club in parallel lost its level of rugby resulting in them languishing in the bottom league of the three counties. The Season completed has just seen an increase in numbers and the Club win the league.

The Club has always played its fixtures on West Park, Long Eaton, and from its early days using local pubs and Parklands Adult Education Centre for a number of years, it is now based in its own leased Clubhouse on West Park. The club has two council owned pitches, one of which is fully floodlit.

The club has peaked and troughed like many local clubs. The two peaks arguably, the mid 70's before league rugby when Long Eaton were one of the top sides in Derbyshire and then mid to late 90's when rising up the leagues and getting to the semi final of the Three Counties Cup.

### The Present

Long Eaton Rugby Football Club is a long established club. Since 1969 the club provided four senior sides and a colt's side. Over the last ten years a combination of player number reduction and no junior section has seen the club both slip down the league structure and also run just two senior sides.

The club has recently agreed a change in constitution and structure, removing the committee and replacing it with a management team and creating posts and job descriptions more prevalent to modern rugby.

The Club will run Senior, Colts, Junior, Girls and Mini Rugby Union.

The club has the highest approval it can gain from the Rugby Football Union and Club Mark.

The Club is based on West Park where it has a part of the Borough Councils changing room block, approx a third of the building, since 1995. Inside the leased premise, the Club has a communal area with a licensed bar, a kitchen, Meeting room, Physio/First Aid room, Store for Equipment, 4 Safeguarded Changing Rooms, and Two Officials Changing Rooms.

The Club use five council owned pitches one of which is floodlit to match standard, and the club own the floodlights. This main pitch is also has a spectator barrier around it.

The Club has a very good relationship with the borough Council, who use the facilities on a regular basis.

The Club has partnerships with Long Eaton, Wilsthorpe, Friesland, George Spencer and Chilwell and Trent College Schools. The Club also works with a number of primary schools with Long Eaton and surrounding areas.

## The Future

As our Mission statement says; “**Long Eaton RFC aim to be leading community club, providing first class facilities for, coaching, playing, volunteering, supporting and socialising. A Club for everyone to be proud of.**”

***To achieve our key objectives, the club will aim to:***

Produce a friendly atmosphere in which people from all walks of life can feel welcome and play a part in the club in any form.

Foster and nurture relationships within the community to ensure future and continued growth of the club.

Continue to nurture relationships with the schools in our area, to continually increase awareness and participation in the Club's Junior Section.

To have a development focussed team that is working towards continuous improvement for Long Eaton RFC.

***By the end of this Five Year Plan (2012 to 2017) Long Eaton RFC will have in place:***

The Club will have three senior men's teams and a veteran's team. *(completed)*

The Club will run an under 11 to under 19 junior section. *(completed)*

The Club will have a Girls Section. *(completed)*

The Club will have a minimum of a 140 adult playing members. *(on target)*

The Club will have sustained year on year playing improvement and continue to be completely amateur. *(on target)*

The Club will have qualified coaches to support the senior sides, and two qualified coaches per team in the junior section. *(completed)*

The Club will work in partnership with other sports clubs and non sports clubs to extend the use of the facilities. *(completed)*

The Club will have an extended clubhouse with modern and first class facilities. *(completed)*

The Club will have a coaching, refereeing, player and volunteer development programme in place. *(completed)*

The club will have school liaison officer(s) working with Long Eaton, Wilsthorpe, Friesland and Chilwell. *(ongoing)*

The Club will be financially secure and Independent. *(on target)*

The Club will have RFU accreditation. *(completed)*

The Club will have a marketing plan to develop and sustain relationships in the community and with sponsors. *(ongoing)*

The Club will have three playing pitches including one floodlit. *(completed)*

In 2016, we have added short term target of extending the social area of the club and adding an additional floodlit training pitch.

# Codes of Conduct & General Principles

## General

As a member of the Club you are expected to act in an appropriate manner at all times and uphold the good name of Long Eaton RFC.

All Players, Members, Parents and Supporters are expected to assist the Club in achieving its mission statement of '**Long Eaton RFC aim to be a Leading Community Club, providing first class facilities for; Coaching, Playing, Volunteering, Socialising and Supporting. A Club for everyone to be proud of.**'

## Players Code of Conduct

Players are expected to wear a Club Shirt and Tie after matches with smart jeans or trousers as a minimum.

Players are expected to perform duties to help with the smooth running of the club. These duties may include pre and post match jobs, these will usually be on a Rota on the notice board or with the team captain. It is the players responsibility to find a substitute if they are unable to perform their duty.

Players are expected to stay for a minimum 45 minutes post match in the Clubhouse to entertain their opposite number and promote the social aspect of LERFC. This can also show support to sponsors, volunteers and VIP's that support Long Eaton RFC.

All Players are expected to attend the oppositions Clubhouse after away fixtures for the refreshment provided and to promote LERFC for a minimum of 30 minutes. If you are unable to attend please give plenty of notice to your Captain.

Players are expected to be prompt for meet times and arrangements.

Players are expected to pay any subscriptions, match tax etc in a timely manner if and when required.

Players are expected to play with Pride and Passion not only for Long Eaton RFC, but also for the Sport of Rugby Union.

Players are expected to promote, Teamwork, Respect, Enjoyment, Discipline and Sportsmanship whilst representing Long Eaton RFC.

Players are expected to Play for Fun, Play by the Laws of the Game, Not to argue with the Referee's or Officials, Control your Temper, Never Give up, Be a Good Sport, Be Fair, Improve Your Skill, Don't be selfish and Don't Show Off.

## Coaches Code of Conduct

To be reasonable in all aspects and expectations of the game.

Teach and Coach players to play by the laws of the game.

Be open to continually train and learn new coaching skills and avoid mistakes.

Not to favour any players and give equal opportunities to everyone

Never condemn and be generous with praise.

Use the right equipment and facilities

Coach with Fun, planning and a smile.

Being coached should be fun too, and good coaching means they run with the ball.

Remember, it's the players that count not their win/loss record.

And finally, remember, Doctor Knows Best and also occasionally give your voice a rest!

## Parents - Supporters Code of Conduct

Always remember that players and children play rugby predominantly for their enjoyment, not yours.

Never force a child to play and always encourage them to play by the laws of the game.

Remember in Rugby winning isn't everything.

Never yell or call a player for making a mistake.

Encourage Players of all ages and abilities to improve his/her skills through training and coaching

Stay off the pitch.

Don't abuse anybody at anytime.

## Training Sessions and Games

Senior and Colts (U18) Rugby Training starts 7pm on Tuesday and Thursdays. The Junior Section of the Club train from 6.30pm on Wednesdays. The Girls section train on Thursdays at 7.00pm. Each training session usually goes on for an hour and a half. However this can continue for longer or shortened depending on the weather and age group concerned. After training food is provided in the Clubhouse to encourage our Core Values and Social skills.

If you are bringing a young person, please ensure that you deliver your child to the clubhouse, ensuring that a number of coaches are present before leaving your child. However, all parents are WELCOME to watch the training sessions, and especially the games. Most Senior Games take place on Saturday afternoons and the Junior Section on Sunday's at 10.30am. All Fixtures are posted on the Website and Club Notice board.

The times vary according to whether it is at home or away or the distance being traveled by the opposition.

We cannot afford the luxury of coaches to transport players to away games and so rely on players/parents for transport to and from away games. Car sharing is encouraged whenever possible.

Each Team will have at least a RFU Level Two Coach to coordinate training, and the Junior Section will have at least 1 qualified assistant coach. LERFC work closely with local schools through school liaison officers and the RFU Development officer to promote Rugby Union.

## Kit and Training Clothes

### **Clothes for Training**

Long Eaton Kit can be purchased online at [www.longeatonrfc.co.uk](http://www.longeatonrfc.co.uk) - clunshop

The Rugby training at Long Eaton tends to runs all from June through to April as a minimum. At the start of the season, jerseys, shorts etc. should be fine.

However, during winter training sessions, please ensure they have a number of layers on. With younger children we recommend that they wear woolly hats and some form of waterproof jacket and trousers (these are easy to clean!)

It is better for the children to wear plenty of layers that may be removed accordingly.

*What NOT to wear* - It is very important that jewellery is not worn at training sessions or for games, this includes earrings, studs and chains. Also, hooded tops and tops with loose cords or ties should not be worn for rugby sessions.

### **Clothes for Games**

For games, players and children alike are proud to wear their Long Eaton RFC jerseys, which will be supplied by the club. However, please make sure they have sufficient clothing underneath and a fleece or jacket to go on over their jerseys for inactive periods.

### **Rugby Boots**

As it becomes wetter and muddier, boots are required. Soccer boots are OK, but make sure the studs are aluminum, and the approved kite-marked type complying with BS6366. The studs should be checked regularly for jagged edges as these pose a serious danger to other players. Please note that rugby studs may be worn for football, but not vice versa. Moulded plastic studs and rubber blades may be used but must be checked on a regular basis - however boots with 'blade' type soles which have a metal tip on the rubber/plastic blade are not allowed for rugby.

### **Gum Shields**

The Club recommends that players in all age groups wear gum shields. Gum shields tailor-made by your dentist are ideal (speak to your dentist about this). However, sports shops sell DIY versions that you soften by heating in boiling water and then mold around the teeth. The Club also stock a small amount of gum guards.

## **Volunteers and Parents**

All sections of Long Eaton Rugby Club depend on the willingness and effort of its volunteers. All coaches at the club are volunteers and give up their time to encourage adults and children to take part in a sport that they believe will supply them with years of enjoyment as well as introducing them to benefits of a team sport.

While the Coaches are busy each week there are still other jobs that are required to be done to keep the Rugby Club running efficiently. The kind of jobs that are required include contributing some time to help out behind the kitchen/coffee bar, selling raffle tickets, helping organizing events, fundraising, sponsorship, to name but a few. The more volunteers we have available then the less often you will need to help.

If you are not required to help please stay at the Rugby club during games and tournaments and support Long Eaton RFC.

We welcome and encourage you to also stay to watch both the games and training sessions and to get involved with the club. If you are interested in volunteering in any capacity even if you want to become an official or coach, full training will be provided.

## Management Team 2015-16

<b>President</b>	Des Chapman	07590 824 347 - <a href="mailto:des.chapman@btinternet.com">des.chapman@btinternet.com</a>
<b>Chairperson</b>	Chris Brookes	07999 494 378 – <a href="mailto:christopher.m.brookes@gmail.com">christopher.m.brookes@gmail.com</a>
<b>Vice Chairperson</b>	Paul Gardner	07986 870 019 - <a href="mailto:psgardy@btinternet.com">psgardy@btinternet.com</a>
<b>Honorary Secretary</b>	Vic Dickerson	07822 799 500 - <a href="mailto:victoria.dickerson@ymail.com">victoria.dickerson@ymail.com</a>
<b>Financial Manager</b>	Kev Mumby	07791 301 541 - <a href="mailto:kevmumby@gmail.com">kevmumby@gmail.com</a>
<b>Finance Team</b>	Cat Smith	
<b>Finance Team</b>	Graham Hockley	
<b>M 'ship and Registration Officer</b>	Des Chapman	07590 824 347 - <a href="mailto:des.chapman@btinternet.com">des.chapman@btinternet.com</a>
<b>Match, Fixture Secretary</b>	Paul Gardner	07986 870 019 - <a href="mailto:psgardy@btinternet.com">psgardy@btinternet.com</a>
<b>Webmaster</b>	Paul Mockford	07935 001 011 - <a href="mailto:paulm147@yahoo.com">paulm147@yahoo.com</a>
<b>Press and Media</b>	Gary Sumpter	
<b>Clubhouse and Bar Manager</b>	TBC	
<b>Commercial Manager</b>	Bob Rees	07767 481 724 - <a href="mailto:Bob.Rees@schneider-electric.com">Bob.Rees@schneider-electric.com</a>
<b>Commercial Team</b>	Paul (Gibbsy) Wakefield	
<b>Commercial Team</b>	Richard Ward	
<b>Volunteer Liaison Manager</b>	Jackie Brookes	07999 494 377 – <a href="mailto:Jackie.a.brookes@gmail.com">Jackie.a.brookes@gmail.com</a>
<b>Safeguarding &amp; Welfare Officer</b>	Duncan Gooch	07870 620 345 - <a href="mailto:dgooch81@hotmail.com">dgooch81@hotmail.com</a>
	Sam Nason	07806 630 006 - <a href="mailto:samnason@hotmail.co.uk">samnason@hotmail.co.uk</a>
<b>Social Secretaries</b>	The Girls	07768 292 464
<b>Club Captain</b>	Andrew (Shorty) Shorthose	
<b>Management Team Members</b>	Ian McDonald	
	Richard Powell	
	Angie Hunt	

## Selection Committee(s)

(Senior Section) Chairperson – Matt Everard.

Members – Coaches, Team Managers, Captains, Fixture Secretary

## Disciplinary Committee

Chairperson – Des Chapman.

Members – Vic Dickerson, Duncan Gooch, relevant Captain or Member.

## The Legal Stuff

### Registration

All Players must be registered to Long Eaton RFC, which in turn will register players with Derbyshire RFU, NLD RFU and the Rugby Football Union. This will ensure that the club receives its correct standing with the Rugby Football Union and receive appropriate insurance cover and potential funding streams. A date will be informed, under 16 players must be accompanied by a responsible Adult.

### Health and Safety

Membership and Permission forms with emergency contact details where applicable must be completed. Any changes during the year must be given to Team Manager, Coaches etc.

Long Eaton Rugby Limited operates in accordance with The Health and Safety Act 1974 and all applicable sub categories. Any illness which could affect you or a child must be discussed with your Team Manager/Coach prior to the start of any training session or Game.

### Medical or Other Conditions

Senior players must make their Team Manager/Coach or Captain aware of any medical concerns. For Junior members Parents/Carers must notify Team Managers/Coaches of any condition, e.g. asthma, diabetes, attention deficit disorder, epilepsy, that could affect a player during a session or game. Appropriate medication should be with the player or Player's Team Manager/Coach or Parents/Carers if appropriate. If you have any concerns about medication please speak to the Coach/Manager.

### Concussion

This is rare. However, if any player suffers a knock which results in momentary unconsciousness, confusion, memory loss or unsteadiness, then there is evidence of definite concussion injuries. The player in question should be taken from the field of play and proper medical attention sought.

Please note that in any event, irrespective of age, the player may not play rugby for a compulsory twenty one day period.

### Tetanus Injection

If not already done so rugby players should have a preventative course of tetanus injections.

General Practitioners should be able to advise.

### DATA Protection

The club complies with the Data Protection Act 1998 and will not share any of your information with any other agencies outside RFU affiliations etc, without your express consent. Member's details will be kept secure by the Club and its Associations, Rugby First – The Rugby Football Union.

## Child Protection/Safeguarding Policy

Long Eaton Rugby Football Club recognises that all children have the right to participate in sport in a safe, positive and enjoyable environment whilst at the same time being protected from abuse, neglect, harm and poor practice. If you have any concerns then please contact the Club Safeguarding Officer - Duncan Gooch on 07870620345 or [dgooch81@hotmail.com](mailto:dgooch81@hotmail.com) . The key principles of our safeguarding policy are:

- The welfare of the child is, and must always be, paramount to any other considerations.
- All participants regardless of age, gender, ability or disability, race, faith, culture, size, shape, language or sexual identity have the right to protection from abuse or harm.
- All allegations or suspicions of abuse, neglect, harm and poor practice will be taken seriously and responded to swiftly, fairly and appropriately.
- Working in partnership with other organisations, statutory agencies, parents, carers, children and young people is essential for the welfare of children and young people.
- Children have a right to expect support, and personal and social development delivered by an appropriately recruited, vetted and managed in relation to their participation in rugby union, whether they are playing, volunteering or officiating in the community or professional areas of the sport.

## **Terms and Condition of Long Eaton RFC Senior and Junior Section**

### **RESPONSIBILITIES OF PARENTS, COACHES, MANAGERS AND HELPERS**

Parents and guardians are responsible for their children at all times and the Long Eaton RFC. Under guidance from the Rugby Football Union, Coaches, Managers and Helpers cannot take legal responsibility or act in parentis loco for players whose parent or guardian leaves them during a session. Parents and guardians are responsible for their child's safety on club premises and should acquaint themselves and their child with the out of bounds areas, and hazards. If a parent does leave, they must appoint another parent to be responsible for this child. They must notify their Lead Coach/Team Manager of their absence and identify their stand-in carer.

### **GUMSHIELDS/MOUTHGUARDS, BOOT STUDS & PROTECTIVE EQUIPMENT**

Long Eaton Junior Rugby Section strongly recommends the wearing of gum shields during contact sessions and these should be obtained before the start of the season. Boots should be worn in match conditions. All other safety equipment must in accordance with RFU and IRB regulations. PLEASE BE AWARE. It is very important to note that studs with jagged edges pose a serious danger to other players especially where there is more likelihood of players lying on the ground. Only studs conforming to BS6366 1983 are allowed. Studs should be examined regularly to ensure there are no missing studs or rough edges. Shin-guards are advised.

### **LOGO USAGE, KITS AND SPONSORSHIP**

Only official Long Eaton RFC shirts may be worn when representing Long Eaton RFC in matches and tournaments. Official Long Eaton kit and merchandise is sold through Long Eaton RFC only. No age group is entitled to enter into any individual shirt, shorts or socks sponsorship arrangement without consulting with and obtaining the approval of the Club. The Club logo is a registered trademark and cannot be used in any capacity without the express permission of the Club.

### **SEVERE WEATHER CLOTHING**

Parents or guardians are responsible for ensuring players come adequately equipped to cope with the weather conditions that can occur during the winter months. Additional clothing, gloves, hats and waterproof equipment should be provided by parents or carers.

### **TETANUS INJECTION**

We recommend that, if not already done so, players should have a preventative course of tetanus injections.

### **MEDICAL CONSENT**

Should a Parent or Guardian not be present when a child suffers an injury then your consent to your child being taken to Hospital and receiving medical treatment if this, in the opinion of a Coach or qualified First Aider, is considered the appropriate action.

### **CHILD PROTECTION/SAFEGUARDING**

As a condition of joining Long Eaton RFC all coaches, helpers and parents agree that they may be subject to vetting for SAFEGUARDING purposes. Failure to agree to this requirement will automatically lead to their application for membership being rejected. Any suspicious incident must be reported immediately to the Safeguarding Officer and/or Chairman.

### **PHOTOGRAPHY**

Please inform your Team Manager/Coach who will in turn inform the Club if you do not agree for your child's photograph to be taken for club and/or publicity use. Please be aware however that many tournaments and festivals that Long Eaton RFC participates in have photographers and it is a condition of participation that permission is granted for all children to be photographed. If you do wish for your child not to be photographed then they may not be able to participate in Tournaments and Festivals where this is a condition.

### **DATA SHARING**

Long Eaton RFC reserves the right to share its database of names and addresses with third party sponsors and rugby related organisations from time to time. Please contact the Team Manager/Coach if you wish your details to be removed from the promotional database.

### **EQUITY POLICY STATEMENT**

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity Sports equity 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 behavior and promote equality of opportunity. The club will deal with any incidence of discriminatory behavior seriously, according to club disciplinary procedures.

### **SELECTION POLICY**

Long Eaton RFC Junior section adheres to the RFU Continuum and as such selection is governed by the over-riding principle of player development. Selection is entirely at the discretion of the Coaches who will

focus on safely maintaining player development, enjoyment and enthusiasm

– the final score is not the only factor. Rugby is a late development sport. Selection will take into account an individual's ability identified by their aptitude, strength and confidence. Throughout the season, Coaches may select teams of mixed ability and look to play individuals in various different positions. Fixtures will be identified so that, ideally, every team enjoys competitive rugby where the game is likely to be closely fought against an evenly matched opposition.

### **BEHAVIOUR**

Players, coaches and supporters of any Long Eaton RFC team are expected to uphold the traditions of the game in terms of behavior and generosity to all players and the officials. Specifically players and supporters must support the decisions of match officials. Any issues with referees, officials or opposition should be directed through the Long Eaton team coach/ manager. Swearing and abuse is specifically discouraged. Players, coaches and parents will be reprimanded for foul language and inappropriate behavior, resulting ultimately in expulsion from the club, at the discretion of the Management Team. Parents, coaches, non-participating players and any other spectators must never enter the playing area without the specific authorisation of the referee, other than in exceptional circumstances to respond to a suspected medical emergency. It is NEVER acceptable to enter the playing enclosure in response to the actions of others, no matter that their actions might be considered unacceptable.

### **HOUSE RULES**

Children under the age of 14 are not allowed in the Clubhouse Lounge unattended. Smoking is not permitted in any part of the Clubhouse or Changing Rooms. Within the grounds of West Park.

### **LAWS**

The Rugby Continuum is the structured progression to cover the introduction, teaching, playing and coaching of the game of Rugby in three incremental stages of Under 7-8, Under 9-10, and Under 11-12. Older age groups are Subject to the Under 19 Law variations with further variations targeted at Under 13-14, Under 15 and Under 16-19 respectively. In order to support your child and to better understand the framework within which rugby is played and coached at this level, you are encouraged to visit the RFU website where these laws are detailed in full.

### **FEES**

Players, Members, Parents or Guardians must promptly pay for registration fees. Each player pays by DD, in full or 50% on 1<sup>st</sup> September and balance on 1<sup>st</sup> January of that Season. Failure to pay outstanding payments within 3 weeks of request will lead to the suspension of the membership to Long Eaton RFC. In cases of difficulty in paying the fees, please consult the Team Manager or Head Coach.