

Rugby Safety and Frequently Asked Questions and Answers

What age can my child begin to play rugby?

The RFU continuum states that Children can only play competitive rugby from the age of 6 years. However we offer training for all children who attend Primary School.

When do you train?

The mini/midi section of Reading Youth Rugby train and play matches on Sunday mornings between 10 am and 12 noon. This age group is Reception to Year 7 inclusive.

Where do you train?

At Holme Park, Sonning Lane, Sonning, just off the A4. Matches are either at home or away as per the fixture list enclosed.

Which Age group should my child be in?

Reception at school is	Reception Rugby	
Yr 1	U6's	Mini Rugby - Tag
Yr 2	U7's	Mini Rugby - Tag
Yr 3	U8's	Mini Rugby - Tag
Yr 4	U9's	Mini Rugby - Contact
Yr 5	U10's	Mini Rugby - Contact
Yr 6	U11's	Midi Rugby - Contact
Yr 7	U12's	Midi Rugby – Contact

What age do they start tackling?

Children start tackling in the U9 section of Mini Rugby.

Can Girls Play Rugby?

Absolutely. They train and play along side the boys all the way through Mini/Midi rugby until they reach Year 8 and then they can join the girl's rugby squads that we have.

What should my child wear?

For training children should wear warm and comfortable clothing suitable for the weather conditions on the day. Shorts, Rugby shirt, jumper, tracksuit bottoms, trainers or boots are all acceptable. **However their clothing should not have any zips.**

RYR recommends the use of football or rugby boots with studs and not blades. Studs should be British standard with a Kite mark. If blades are used then they must comply with the requirements of the RFU (Rule 4).

For matches they should wear rugby shirt, shorts, socks and boots as per the clubs colours - this can be purchased at the Club shop. (If it is cold I advise a thermal long sleeved vest).

Severe Weather Clothing

All players should come adequately equipped to cope with the weather conditions that can occur during the winter months. If players are freezing, they are unlikely to enjoy themselves and may be put off mini rugby.

Does my child need a gum shield?

It is advisable to wear a gum shield from the time they start playing even if it is Tag rugby. Gum shields are compulsory as soon as they start to tackle. From the U9's if they do not have a gum shield with them they will not be allowed to play.

A boil and bite gum shield or a dentist made gum shield are acceptable the choice is down to the parents.

Does my child need a scrum cap?

No, scrum caps are not compulsory it is the parent's choice.

Are Rugby Gloves recommended?

Rugby gloves have no safety issues attached so this is purely optional. Although woolly gloves are not allowed as they are slippery.

What does my child need to bring with them for training/matches?

Firstly they require a parent or a responsible adult. They may also need a drink, something warm to wear while they are not playing, a change of clothing if weather is inclement, a small snack for the end of the game.

How do the subscriptions get spent?

The money from subscriptions goes towards a variety of things including; Club equipment, Christmas presents, Players Meals, Coach Education, Community Rugby and hire of facilities from Reading Rugby Club.

Who do I need to give the completed Membership Forms and Payment to?

This all needs to be given to your child's Team Manager who will then process it appropriately.

When do I have to pay?

New players get 4 weeks trial before payment is due, although registration forms need to be signed and returned immediately.

Previous players will be expected to get forms and payment to Team Managers within the registration period of the new season.

Anyone requiring assistance with fees should approach their Team Manager or the Mini/Midi Coordinator (Anna Saverton) who will be willing to help.

I am interested in helping the Reading Youth Rugby further, how can I get involved?

Reading Youth Rugby section is run by people just like you, many hands make light work and we would be delighted to accept any willing volunteers. If you are interested in helping children get more from Rugby and becoming a vital part of the Reading Youth Rugby set up then please contact your Team Manager or the Mini/Midi Coordinator (Andy Burns

Andy.ryr@BTInternet.com)

Can I leave my child in the care of the coach and leave the club grounds during training?

Certainly not! One responsible adult must be in attendance full time unless otherwise arranged for another responsible adult to take charge with the parent's prior consent. The coach or manager cannot be responsible should the child need your urgent attention or for other reasons. This is mandatory in order to comply with RFU continuum, Child Welfare and our Insurance. Going for a drink or toilet break are of course acceptable provided someone is entrusted to supervise your child in your absence or you take them with you.

Boot / Studs

Studs with jagged edges pose a serious danger to other players, particularly in the older age groups where there is more likelihood of players lying on the ground. Unless boots have

moulded plastic soles, it is important that studs are examined regularly to ensure missing studs are replaced and rough edges smoothed. Studs must also comply to the British Kite Regulations. Plastic studs should not be used.

Concussion

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.

Please note that in any event, irrespective of their age, the player has a compulsory twenty one days off rugby.

Tetanus Injection

If not already done so mini rugby players should have a preventative course of tetanus injections. General Practitioners should be able to advise.

Responsibilities of Parents, Coaches and Managers

Coaches and managers cannot take legal responsibility for those players whose parents leave them during training sessions, tournaments and games.

If parents have to leave the ground for any reason during a training session, tournament or game, they should appoint a fellow parent to be responsible for their child.

Medical or Other Conditions

If players have any particular condition such as asthma or diabetes which may effect their playing, please inform your respective team manager and ensure this is recorded on your child's membership form under the medical section.