

# Brighton Rugby Football Club Child Safety

## Safety

Safety is one of our key values.

Rugby is a very physical game and, like other contact sports, players may receive injuries. We will not be able to avoid player injuries but we can all take precautions to ensure that the risk is reduced.

Careful coaching of tackling and scrummaging techniques goes a long way toward avoiding neck and back injuries, as does checking players' personal equipment before matches and training sessions.

## Procedure in the event that a player is injured or appears to be injured:

- Play or training is to be immediately stopped and the child examined.
- If a neck, back or head injury is suspected, do not move the child and be sure to remove his or her gumshield as a precaution against choking.
- Immediately seek out the assistance of one of the club's doctors or qualified first-aiders. A current list of these people is kept posted in the club office.
- If it is immediately apparent that the injury is severe, do not waste time and call for an ambulance straight away and locate the player's parents immediately.
- In the event that a child is bleeding, and not suspected of having a neck or head injury as described above, they are to be immediately removed from the pitch to be treated by a parent, club doctor or qualified first-aider.
- Any serious injury must be recorded on an Incident Form in the club office and two further copies made. The original is to be kept in the Incident Log Book, one copy is to be given to the injured child's parents and the other copy is to be retained by the Lead Coach of the relevant age group.

The RFU website contains more useful information on [First Aid](#) and [Player Health](#) . Click on the links for details.

## Code of Conduct

Brighton RFC's prides itself on its history, and is known as a club which enjoys the game of rugby. Brighton RFC has a sense of fair play both on and off the field. Whether it is the U7 or the 1stXV our discipline record speaks for itself. Rugby football is played to win and winning is important, but playing well, enjoying the game and having fun is paramount. Players, coaches and supporters come to Brighton RFC because of these values and adhere to codes of conduct which are outlined below.

### **Equity Policy – Click to download**

The RFU/RFUW aims to ensure that all people irrespective of their age, gender, ability, race, religion, ethnic origin, creed, colour, nationality, social status or sexual orientation have a genuine and equal opportunity to participate in Rugby Union at all levels and in all roles. That is, as a beginner, participant or performer, and as a coach, official, referee, manager, administrator or spectator.

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## Players' code

1. Play for fun - Enjoy your rugby
2. Take training seriously - In order to play rugby safely you must develop the skills needed and know the laws of the game. Always turn up for training and matches on time.
3. Always play within the laws of the game
4. Play with and for your teammates
5. Never argue with referees or match officials their decision is final
6. Do not get involved in foul play
7. Never show off or lose your temper
8. Aim to win but be prepared to lose with a grin
9. Acknowledge good play by both team mates and opposition players
10. Strive to improve your skills every time you play.

## Coaches' code

1. All rugby coaches must respect the rights, dignity and worth of every child and young person with whom they work and treat them equally.
2. All rugby coaches must place the physical and emotional well being of all young players above all other considerations, including the development of performance.
3. The relationship that a rugby coach develops with the players with whom they work must be based on mutual trust and respect.
4. Be organised - structure your season's training programme and communicate at all times with players and parents.
5. Make you keep up with the continuum and its changes and communicate these changes to players
6. Ensure the players know the laws of the game.
7. Never abuse, criticise or ridicule children
8. Never overload players with demands and technicalities of play.
9. Play players at an appropriate level. Don't put players in games where they are out of their depth skill wise.
10. Make allowances for players. Children mature at different rates both mentally and physically.
11. All rugby coaches will encourage you players to accept responsibility for their own behaviour and performance. Teach players to aim to win but to lose with a grin. Always aim to enjoy the game and strive to improve their individual skills.
12. Never get involved in touchline arguments
13. Never get involved with arguments with match officials especially in front of children
14. All rugby coaches should clarify with the young players (and their parents/carers) what is expected of them both on and off the rugby field and also what they are entitled to expect from the coach. Ensure players and parents behaviour is appropriate and in keeping with the expectations of the Club.
15. Never coach dangerous or foul play including 'winning at all costs'.

## Parents' code

1. Encourage your child to learn the rules and play within them.
2. Discourage unfair play and arguing with officials.
3. Help your child to recognize good performance, not just results.
4. Never force your child to take part in sport.
5. Set a good example by recognizing fair play and applauding good performances of all.
6. Never punish or belittle a child for losing or making mistakes.
7. Publicly accept officials' judgments.
8. Support your child's involvement and help them to enjoy their sport.
9. Use correct and proper language at all times.
10. Encourage and guide performers to accept responsibility for their own performance and behaviour.

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11. Always be aware of the RFU's policy on child protection
12. Please bring children suitably dressed for rugby football and arrive on time for training and matches
13. Reinforce to your child that taking part and trying your best is the most important part of learning and playing rugby.
14. Applaud good play by all
15. Support your coaches - they give up their free time to coach the children
16. Any general worries - please speak to the most appropriate official at the club. For playing issues your Team Manager/Lead Coach, club issues the Chairman, Deputy Chairman.
17. For matters of Child Protection please contact the club's Child Safeguarding Officer (see below. Full contact details on the [web site](#)).
18. Parents must inform the club and lead coach of any medical problems their child may have.
19. Parents must be present at training and matches and remain on the Brighton RFC site for the duration of training/matches. Coaches and assistant cannot act 'in loco parentis' and cannot take legal responsibility if parents/guardians/carers leave them during training/festivals. Please make sure that if you cannot attend that you appoint a responsible person to look after the child. They must also notify the Team Manager/Lead Coach of this arrangement.

## Child Safeguarding Officer:



Alex Wheatley  
Telephone: 07887 481444

[alex.wheatley@virgin.net](mailto:alex.wheatley@virgin.net)

Please contact if you have any concerns for yours or any other child, or if you have any concerns with any conduct you have seen or heard.

## Child Protection Guidelines for Match Officials

### When refereeing young players, match officials should:

1. Recognize the importance of fun and enjoyment when officiating young players
2. Provide verbal feedback in a positive way during games
3. Appreciate the needs of the players
4. Be a positive role model
5. Recognize that safety is paramount
6. Explain decisions - most young players are still learning

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7. Do not tolerate verbal abuse

## Officials should not

1. Change in the same area as young players
2. Shower with young players - agree with the coaches a timetable
3. Be alone with young players at any time - if a young player comes into the dressing room ensure another adult is present
4. Check studs without the coach being present
5. Administer first aid
6. Allow a young player to continue playing if you have doubts about their fitness
7. Tolerate bad language from young players
8. Engage in any inappropriate contact with young players
9. Give a lift to a player unless there are other young people or adults in the car and the parents are aware
10. Take a young player to your home
11. Overtly criticise young players or use language which may cause the player to lose confidence or self esteem
12. Make sexually explicit remarks to young players even in fun

## Officials must always

Report, in writing, to the Club or Welfare Officer and/or Society Secretary, behaviour by adults which you feel contravenes RFU Child Protection Policy

1. Verbal bullying by coaches/parents/spectators
2. Physical Abuse by coaches/parents/spectators
3. Inappropriate or aggressive contact by an adult to a young person
4. Verbal abuse directed at you by young people or adults

## REMEMBER:

The welfare of all young people is paramount