

RFU/RFUW Parent Guide

Most parents want their children to enjoy the sports of their choice. This leaflet provides you with key information when selecting a club for your son or daughter. It provides you with ideas of questions to ask, and ensure that both you and your son or daughter understand the way the club works.

Joining a Club

Always Check

- The qualifications and experience of the coaches
- The ratio of adults to young people
- The club has a health and safety policy
- How children and young people are looked after if they are not playing
- The club has clear codes of conduct stating expected behaviour of members, player and coaches
- What happens if there is an accident
- The club has a Welfare Officer and Deputy who is in attendance at the club on Sunday mornings.

Questions to ask

- My son/daughter has never played rugby before; can they come along and try out a couple of sessions?
- When is training?
- When are the matches?
- What kit do we need to buy?
- Does the club have a child protection policy?
- How does the club manage any issues, which may arise i.e. bullying?
- Are the coaches qualified?
- Are the adults helping with the teams checked and trained?
- Does my son/daughter have to share changing facilities with adult players?
- Do the club have social events?
- How much does it cost to be a member of the club?
- How are away matches organised?
- Is there a first aider on site?
- Is the club affiliated to the RFU