

## WELCOME PACK

Welcome to Wymondham Rugby Football Club.

Founded in 1972, we have grown from humble beginnings to one of the leading clubs in the Eastern counties. Our home ground ,Barnard Fields, has 30 acres of drained playing area, including floodlit pitches and a two-story clubhouse with hanging rooms, two bars, hospitality areas, function rooms, a fully equipped kitchen and fitness suite.

We are an RFU affiliated club and actively promote and support the core values of rugby:

- Teamwork
- Respect
- Enjoyment
- Discipline
- Sportsmanship

Rugby truly is a sport for all and at Wymondham we have a fully diverse philosophy of inclusion and hence we encourage and welcome players and supporters starting at under 6 in our minis through to seniors. where we boast multiple men's and women's teams that have been fed through the youth system. In addition to contact rugby, the club also has strong Touch rugby group.

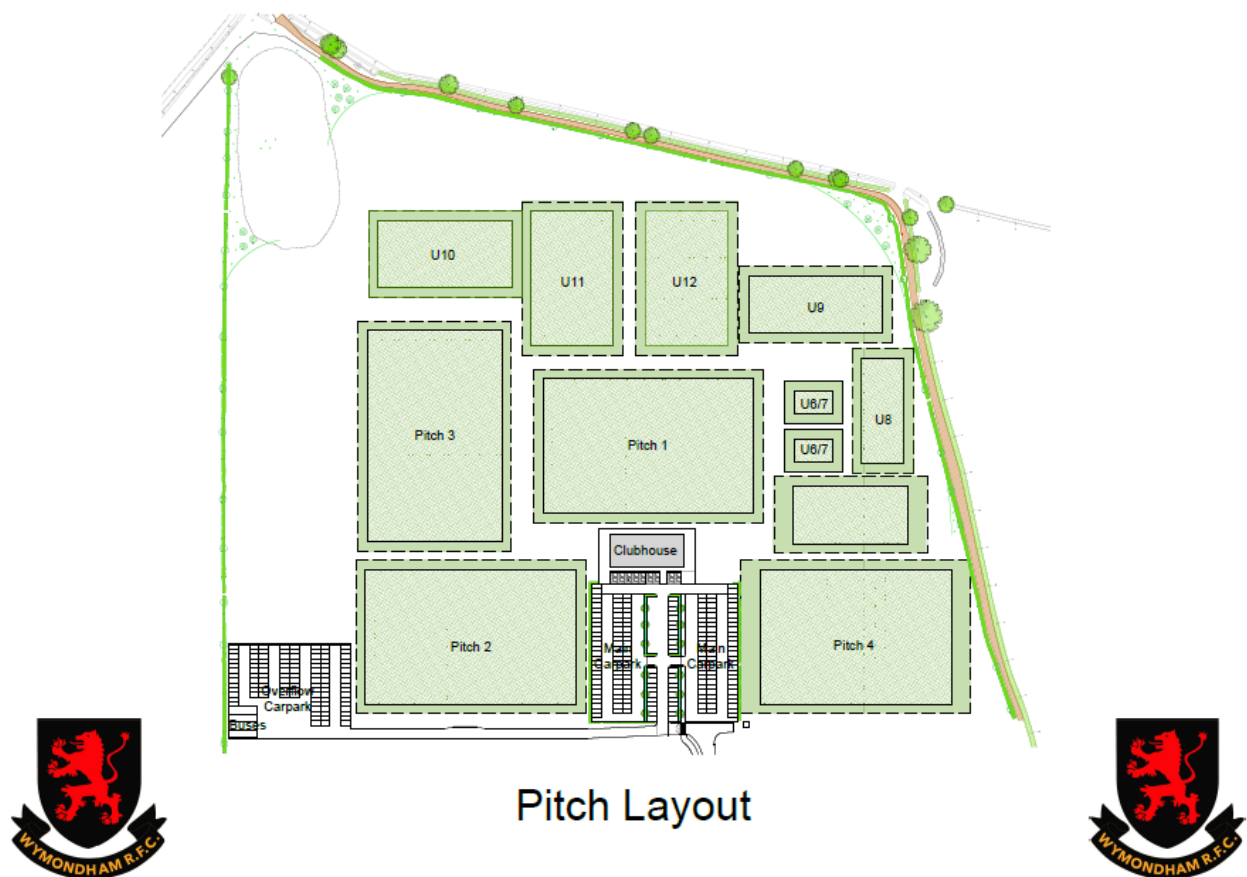
Player welfare is a fundamental principal that guides us, both on and off the field. All coaching staff involved with children, youth or vulnerable adults are DBS checked as part of our robust safeguarding policy together with robust GDPR policies. the club has trained first-aiders, a qualified physiotherapist and rehabilitation protocols for recovery.

As with many adventures in life, the more you put in, the more you will get out. Regular and active participation is the key to a fulfilling and rewarding experience. This is particularly true of the players but also the incredibly important role of our indispensable volunteers. The vast majority of the roles within the club, are filled by volunteers. This includes the management committee, age-group administrators, fixture secretaries, trustees, coaches, referees, catering, first aiders, physio, grounds maintenance and many more. All new members are encouraged to help where they can.

Areas of interest most applicable to new members are highlighted on the tabs which can be re-visited until familiar with the club. You will find links which will take you to the relevant section. There is a mass of information on our website so please feel free to explore: [www.wymondhamrffc.com](http://www.wymondhamrffc.com)

## Where do I go?

Barnard Fields is located on the east of Wymondham off the B1172 and just a few minutes from the A11. Click [here](#) for our address and then refer to the pitch layout as below for the specific age group:



The minis, youth and senior teams each have their designated training pitch. Your coaching team will advise you of any variations prior to the training session or game.

## When do I turn up?

Normal club training is on a Sunday, generally from 10:00 to 12:00. Seniors do not train on a Sunday as their fixtures take place on Saturday's. Most age-groups have a mid-week training session on a specific night. Sessions include a variety of warm-up, fitness, fundamental and advanced rugby skills, cool down and games. As such, finish times can vary, but non-playing members are always welcome to stay to watch or become involved and meet other non-playing members. More detail on individual age groups, contact details and training times can be found on our website: <https://www.wymondhamrhc.com>

## What kit do I need?


The rugby season runs from September to April and as such conditions can vary from dry firm pitches in the warm sunshine to very soft, wet and often cold conditions. It is thus

important for players to wear appropriate clothing to suit the conditions. As a minimum this should include:


- Rugby boots
- Socks
- Shorts
- Shirt
- Water bottle
- Mouthguard/gum-shield

To support the core value of teamwork, subscribed members should wear the minimum of socks, shorts and shirt in the WRFC colours. Kit can be ordered via the online shop here". <https://www.wymondhamrfc.com/shop> and in some cases, the club shop may have some second hand kit items.

PLEASE NOTE: be aware of the regulations regarding the allowable studs as stipulated by the Laws of Rugby. Some boots with bladed studs, typically used for football, may be unsuitable for rugby. We always suggest metal studs. Further information can be found here [Boots-Studs-Blades-RugbySafe-Essential-Guide-2019.pdf \(keepyourbootson.co.uk\)](#) and a summary is pictured below:

Blades & Cleats			
			
<b>Legal</b>	<b>Illegal</b>	<b>Illegal</b>	<b>Legal</b>
Well round metal blades that appear to be replaceable if one was to become burred	Very sharp moulded edges that would easily become burred	These may exceed 21mm in length. The tip is not $\geq 10\text{mm}$ at the tip nor are the edges rounded $\geq 1\text{mm}$ .	Provided the blade is $\geq 10\text{mm}$ in diameter and there are no sharp edges or burring.

Moulded Studs & Blades			
			
<b>Legal</b>	<b>Potentially Illegal</b>	<b>Legal</b>	<b>Potentially Illegal</b>
Provided the moulded stud is $\geq 10\text{mm}$ diameter, and there are no sharp edges or burring.	Less than standard cross-area design, with narrow ridges and the possibility of sharp angles.	Providing they have no sharp edges or ridges.	The cross-area of these seems less than the 'standard' and the design has a possibility of sharp angles.

### How do I become a Member?

WRFC is a members club financed primarily by a one-off annual subscription. Not only does this provide the full support structure and governance of an RFU affiliated club, including player insurance, but it is the bedrock of the income that pays for the not inconsiderable costs of running of the club. Prospective new members are welcome to attend a few taster sessions before committing, but after that it is expected that new members complete a registration form through the RFU GMS (Game Management System) for membership of the club.

More information on membership including different categories and benefits can be found here: <https://www.wymondhamrfc.com/membership-fees>

### **What about player welfare and child protection?**

Player welfare is paramount and a fundamental principle at WRFC. At all times, playing and non-playing members should feel safe and secure whether training or playing at Wymondham, or whilst on an away fixture. Primarily this is achieved by insisting that all and any staff or volunteers undergo a DBS check, this includes but is not limited to those with direct contact with children and vulnerable adults such as coaches, first aiders and team administrators. In addition, the way we coach and encourage the game to be played together with preparation and maintenance of the playing environment, including pitches and club house facilities, contributes to overall player welfare.

Sport at any level has an element of risk and rugby is no exception. WRFC supports the RFU Activate injury prevention player preparation protocols and also encourages all players non players to complete the RFU Headcase head injury and concussion module, which is available here: <https://www.englandrugby.com/participation/playing/headcase>

There is also at least one trained first aider within each group and pitch-side first aid is available at every training session. On match days, additional medical support is available with a fully equipped medical room and physio. The club physio is available to all members at all age groups providing injury assessment and rehabilitation.

The club also recognises the importance of Mental Health Wellbeing and there are several trained volunteers to help support all areas of the club.

### **What about coaching and player development?**

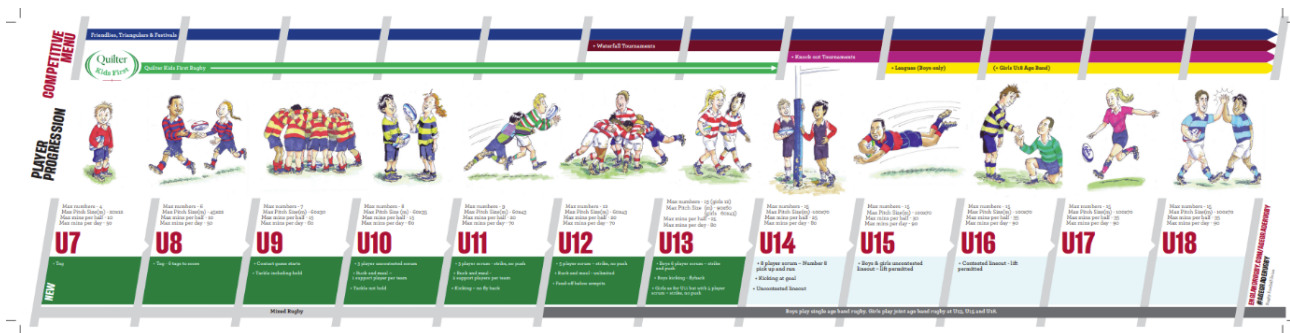
Each age group is run by a lead coach with assistant coaches and administration support. Each session will be planned and structured to help support the overall objectives of Wymondham Rugby Club by coaches who have been trained to a relevant RFU level in respect to that group.

Please just click on the “Rugby” tab on our website to get lots of further information.

A structured coaching programme ensures player development and retention through their journey at the club until they join the senior squad to continue their progress under the club Head Coach. Wymondham has close links with Premiership Clubs with the opportunity to trial for DPP (Developing Player Programmes) and also coaching master classes from professional coaches.

### **My child is so young and rugby on the television seems so physical!**

Wymondham follows established age-grade regulations relating to player progression as laid down by the RFU. It is the framework for 6-18 year olds and its purpose is to prepare players for adult rugby being player centred, development driven and completion supported. What this means in practice is at under 6 the rules are very simple, and at each age grade, new practices are introduced gradually, as the graphic below shows. More can be found here [AG Flyer 2019.pdf \(englandrugby.com\)](#)



## Can I get involved if I don't play?

Wymondham Rugby Club is a Charitable organisation and as such is dependent upon the help of volunteering to run the club and there are many ways to help and get involved either for the club as a whole or just within the group that you have joined.

We are constantly keen to recruit volunteers in the following roles, where RFU accredited training can be subsidised by the club:

- Coaches
- Referees
- First aiders

From time to time throughout the season assistance will be required in setting up/ taking down equipment before and after fixtures, manning cake, tea/ coffee stalls or serving bacon rolls. This offers a great opportunity to get involved with fellow members of the same and other age groups and teams and will help fund raise both for the club and directly for your individual group.

For more information and how you can get involved click here: <https://www.wymondhamrfc.com/volunteering>

## How do I find out what's going on?

When you register as the member, you will be asked to provide a primary email address for yourself and any children for whom you are the responsible adult. You will receive club news and updates automatically via your primary email address. The website is always a good source of information and the club also has a strong social media presence.

Each age group has a messaging group for coaches and administrators to inform players and parents & guardians of important information, and this is also communicated via email. It is important for parents & guardian to conform to the Club's social media guidelines which can be found here: <https://www.wymondhamrfc.com/social-media-policy>

## Does anything else go on at the Club other than rugby?

Rugby clubs have long been associated with having a robust social calendar, and Wymondham is no exception.

- Annual end-of-season dinner with guest speaker
- Fireworks display

- Christmas meal
- Quiz nights
- Community summer barbecue

In addition, other sports that can be enjoyed at Barnard Fields include:

The Wymondies cricket team, playing limited overs game on the astro wickets in the rugby closed season

WRFC Velo, a social cycling team

Wymondham Archers, compound and long bow archery

Fitness, strength and conditioning with Beyond Any Limits Fitness

### **Glossary of Terms**

**RFU:** Rugby Football Union, the governing body of rugby in England

**World Rugby:** The world governing body for the sport of rugby union. Responsible for the Laws of Rugby

**Age-Grade:** The progression that ensures every player is able to enjoy rugby in a safe environment appropriate for their respective age

**Headcase:** An RFU approved concussion and head injury protocol for identification, treatment and recuperation of head injuries

**Activate:** RFU approved warm up and injury prevention programme

**Minis:** Age-grade rugby covering players from under 6 to under 12

**Youth:** Age grade rugby covering players from under 13 to under 18

**Senior:** Unrestricted rugby for players over 18 years old

**Touch rugby:** A non-contact format of rugby for those preferring a less intense and less physical experience of playing rugby

Finally, don't forget to give us a follow on Facebook and Instagram for all of the latest news: @wymondhamrfc