

Notes for Clubs planning to organise a Rugby Camp

Any Rugby Camp organized by a Rugby Club in Kent must be approved by Kent RFU. Even if a Rugby Club is using an external company or group to run the group, they still retain responsibility for the Rugby Camp. Where a camp is promoted by a club, they are seen to have given their approval to such an activity and therefore it is important that the Rugby Camp is run in line with the same best practice guidelines as a normal club training session would be.

Safeguarding - Normal Safeguarding Guidelines should apply – all coaches should be DBS checked and normal good practice guidelines should be followed. Any safeguarding concerns that come from a Rugby Camp should be reported in the same manner as issues raised during the rest of the season.

Duration – Best practice guidelines suggest that players should not train for longer than the maximum times shown below each day:

- U7s – U8s – 60mins
- U9s – U11s - 90mins
- U12s – U18s – 120mins

Age Grouping – you will need to think about how you group players from different age-grades during your training session. The following age-grade rules apply:

- U6s – cannot be grouped with another age-grade
- U7s and U8s can be grouped together to train.
- U9s can be grouped together with U10s to train.
- U10s can be grouped together with U9s or U11s to train.
- U11s can be grouped together to with U10s or U12s train.
- U12 Boys can be grouped together with U11s or U13s to train.
- U13s can be grouped together with U12s to train.
- U14 – U18 Boys Age-Grades cannot be grouped together with other age-grades to train.
- Girls can train in Joint Age Bands – U12s and U13s together, U14s and U15s together and U16s, U17s and U18s together.

Further information on grouping age-grades to train together can be found in RFU Regulation 15.5 -

<https://www.englandrugby.com/dxdam/08/0882fbc2-5069-4b69-b1f6-4dec9bf94385/Regulation%2015.pdf>

The Age-Grade Code of Practice also suggests that those organising Rugby Camps consider the following questions:

- Am I clear on the rationale for running a rugby / holiday camp? Is it player-centred and does it support player development rather than training in preparation for the new season?
- Have I ensured that the very young participants are not just attending for parental convenience and is the programme of activities suitable for the child?
- Am I following the Code of Practice concerning the maximum training times per age group and mixed age grades?
- Have I received endorsement from the Kent RFU?
- Is everyone notified about the Key Contact who has overall responsibility for the camp? Are their names and contact details visible before, during and after the camp?
- Are all coaches qualified with a current enhanced RFU DBS and do I have at least one Level 2 coach to devise, supervise and lead the coaching programme?
- Have I made sure that coaches are not working in isolation and with appropriate supervision in case of injury or something unanticipated?
- Have I scheduled a range of activities in line with RFU's summer activities and Out of Season? Is there an appropriate balance of play and rest? Does the programme have player development at its centre?
- Is there a welfare and safeguarding plan in place, with a safeguarding lead?
- Have I completed a risk assessment for the camp and each of the venues that will be used?

The Age-Grade Code of Practice can be found HERE! <https://www.englandrugby.com/dxdam/ab/aba417df-0157-40a8-9c4a-a9041f3a6d08/Codes%20of%20Practice.pdf>