



Portlaoise RFC

Founded 1966



Dear Sir/Madam,

The Irish Rugby Football Union arranges Group Personal Accident cover for all players and certain officials who are members of affiliated Clubs. The Union believes it has a responsibility to provide a minimum level of insurance cover and therefore the scheme is compulsory for all Clubs.

Adequacy of Cover

The benefit provided by this compulsory scheme is substantially greater than that provided by other Unions or by other sports bodies. Whilst the Union and the Clubs can arrange substantial insurance benefit within their financial means, *it still ultimately remains the individual player's responsibility to ensure that he/she has adequate insurance cover.*

It is emphasised that this compulsory scheme **does not provide payment of medical expenses or loss of earnings, nor does it cover fatal collapse** unless a physical accident precedes same whilst in training or on the match pitch.

This compulsory scheme is intended to cover serious injury only and, whilst the "Catastrophic injury" benefit at €1,500,000, may appear substantial, it will not necessarily be sufficient to cover the future needs of a severely injured young player.

Full details of the IRFU insurance can be seen at <https://www.portlaoiserfc.com>



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Code of Conduct for Parents

- 1**
Remember, young people play rugby for their enjoyment, not only yours.
- 2**
Encourage your child always to play by the Laws of the Game.
- 3**
Teach young children that honest endeavour is as important as winning, so that the result of each game is accepted without disappointment.
- 4**
Help young people to work towards skill improvement and good sportsmanship.
- 5**
Set a good example by applauding good play on both sides.
- 6**
Never ridicule, humiliate or shout at young players for making a mistake or losing a match.
- 7**
Do not place emphasis on winning at all costs.
- 8**
Do not force an unwilling child to participate in the playing of rugby. If the child is to play, he/she will do so in good time through your encouragement.
- 9**
Support all efforts to remove verbal & physical abuse from rugby.
- 10**
As a spectator do not use profane language or harass referees, coaches or players.
- 11**
Do not publicly question the referee's judgement and never their honesty.
- 12**
Recognise the value and importance of volunteer referees and coaches.
- 13**
Identify and acknowledge the good qualities of the Game of Rugby and uphold these values.
- 14**
Remember you and your child's contribution to the Game of Rugby is very important to the IRFU and be proud of your contribution.
- 15**
Understand the value of team sport and its importance.



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Code of Conduct for Spectators

- 1**
Remember that although young people play organised rugby they are not 'miniature internationals'.
- 2**
Be on your best behaviour and lead by example. Do not use profane language or harass referees, players or coaches.
- 3**
Applaud good play by the visiting team as well as your own.
- 4**
Show respect for your team's opponents. Without them there would not be a match.
- 5**
Condemn the use of violence in all forms at every opportunity.
- 6**
Verbal abuse of players or referees cannot be accepted in any shape or form.
- 7**
Players or referees are not fair targets for ignorant behaviour.
- 8**
Encourage young players to play by the Laws of the Game.
- 9**
Spectators can contribute to the enjoyment of the event and all involved.
- 10**
Be proud of your club and the Game of Rugby.



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Code of Conduct for Players

1

Play for enjoyment and become part of the rugby family.

2

Respect the 'Game of Rugby' and play within the Laws of the Game.

3

Accept the referee's decision and let your captain or coach ask any relevant questions.

4

Play with control. Do not lose your temper.

5

Always do your best and be committed to the game, your team and your club.

6

Be a 'good sport'. Applaud all good play whether by your team or the opposition.

7

Respect your opponent. Treat all players as you would like to be treated. Do not 'bully' or take advantage of any player.

8

Rugby is a team sport and make sure you co-operate with your coach; team mates and members of your club.

9

Remember that the goals of the game are to have fun, improve your skills and feel good.

10

At the end of the match thank your opponents and the referee for the match.

11

Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.

12

Winning and losing is part of sport: Win with humility – lose with dignity.

13

As part of the team it is important that you attend training regularly and listen to your coach and help your team.

14

As a team sport it is important to understand that all members are important to the team!

15

Remember you are representing your team, club, family and the Game of Rugby.



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Code of Conduct for Coaches

- 1**
Remember that as a coach of an 'age-grade team' you are acting 'in loco parentis' and that you have a duty of care to all your players.
- 2**
Lead by example - young people need a coach they can respect as a Role Model.
- 3**
Be generous with your praise and never ridicule, shout at players for making mistakes or losing a match.
- 4**
Teach your players that the Laws of the Game are mutual agreements which no one should evade or break.
- 5**
Ensure that you are appropriately qualified by gaining the relevant coaching accreditation for your particular level.
- 6**
Be reasonable in your demands on the players' time, energy and enthusiasm.
- 7**
Encourage respect for all participants – team mates and opponents, as well as match officials.
- 8**
Create a safe and enjoyable environment in which to train and play.
- 9**
Always follow professional medical advice in determining when an injured player is ready to play again.
- 10**
Develop policies for your club / team to agree procedures regarding discipline, injury prevention & treatment, team selection etc.
- 11**
Be responsible and ensure you uphold the ethos of the game and the IRFU.
- 12**
Support the IRFU Child Welfare Policy and all policies regarding Children in Sport.



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Code of Conduct for Referees

- 1**
Respect the rights, dignity and worth of every child and treat everyone equally, regardless of gender, disability, ethnic origin, religion, etc.
- 2**
All referees must be a member of their Branch Referees Association.
- 3**
Act as a role model and promote the positive aspects of rugby and maintain the highest standards of personal conduct.
- 4**
Be responsible for monitoring the boundaries between a working relationship and friendship with players.
- 5**
Avoid being alone with underage persons.
- 6**
Never deal with injuries unless qualified to do so.
- 7**
Encourage coaches/parents to act responsibly and to be responsible for the behaviour and performance of players.
- 8**
Ensure that safety is paramount in all games.
- 9**
Follow agreed protocols regarding shower arrangements after matches.
- 10**
Agree appropriate times for entry to changing rooms to deal with match preparation and ensure members of the team management are present.
- 11**
Be punctual, prepared and well presented.
- 12**
Ensure players and officials comply with the Laws of the Game.
- 13**
Never criticise individual players and or coaches or parents.
- 14**
Adhere to all rules and procedures as agreed by the Branch Referees Association



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Please Note : Payment does not automatically make you a member of Portlaoise Rugby Club. Please note Rule No.6 for membership.

6. A candidate for membership of the Club shall be proposed and seconded by two members of the Club. The application shall be submitted to a meeting of the Committee and accompanied by the current annual membership fee, who may at their discretion decline any application for membership. The name and address of every person proposed as an ordinary member of the club shall be displayed on a conspicuous place in the Club premises for at least a week before their election and an interval of not less than two weeks shall elapse between nomination and election of ordinary members.