



YOUTH SECTION WELCOME PACK

**Bravelands
Oil Mill Lane
Clyst St Mary
Exeter
EX5 1AF**

/// ledge.typically.proudest

 **youth@exeterathleticrhc.co.uk**



OUR CLUB

THE YOUTH SECTION



Exeter Athletic RFC is a vibrant and inclusive rugby club dedicated to promoting the sport within the Exeter community. The club offers opportunities for players of all ages and abilities to participate in rugby, from youth teams to senior squads and is run by volunteers.

Here are some key points about your club:

Community Focus: Exeter Athletic RFC is committed to delivering the best opportunities for players and volunteers in the amateur rugby union game throughout the Exeter area.

Facilities: The club is located at Bravelands, Oil Mill Lane, Clyst St Mary, Exeter EX5 1AF, providing excellent facilities for training and matches. During the winter we also utilise Cranbrook Education Campus to support our midweek training.

Team Ethos: The club emphasises teamwork, respect, enjoyment, discipline, and sportsmanship, fostering a positive and supportive environment for all members.

Development Programs: Exeter Athletic RFC offers structured development programs for all age groups, ensuring players receive the training and support they need to improve their skills and enjoy the game.

Inclusive Environment: The club welcomes players of all abilities and backgrounds, promoting inclusivity and community spirit.

EXETER ATHLETIC RFC YOUTH SECTION



FAQS

How Do I Get There?

By Car: From the Sandygate roundabout (M5 J30), follow the signs to Sidmouth. At Clyst St Mary, take the second exit towards Sidmouth. Turn right opposite Westpoint, just after St Bridgets Nursery, into Oil Mill Lane (EX5 1AF). The club is approximately 400 meters on the right-hand side, and there is ample free parking available on-site.

Public Transport: You can take a bus from Sidmouth or Exeter to West Point (services 9 & 9A) and then walk 400 meters down Oil Mill Lane to reach the club.

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What Do I Need to Wear and Bring with Me?

Players will need t-shirt, shorts, rugby boots, a drink and a gum shield.

Please remove jewellery/watches.

If it's sunny, please remember to apply and bring sunscreen. If it's wet, bring something to stay warm and dry.

When it's cold leggings/jogging bottoms and long sleeves are encouraged.

Changing facilities and showers will be available from U15 upwards.

What Facilities are Available at the Club?

Our club shop will be open for snacks and drinks during our training sessions and you can pay by cash or card. Our Kit Store supports you to try on and buy new kit, buy gifts and essentials like socks and gum shields. We also have a great selection of pre-loved kit.

Can I Bring My Dog?

You are welcome to bring your furry family members with you! However, we kindly ask that dogs remain on leads and stay away from all playing and pitch areas.

How are the training sessions structured?

Each training session will start with a warm up, followed by a skill zone session tailored to player ability. We will work on positional skills and game play which will develop individuals to fulfil their roles within their team and regular contact skills, to ensure confident safe play throughout the season.

I am a bit nervous and I dont know if I will know anyone there?

We understand that stepping into a new environment can be a bit daunting. Our sessions are thoughtfully organised to allow you to join in at your own pace. During your first few sessions one of your team captains will support you to become familiar with your team, your coaches and our club.

Do I need to register as a player and within what time period?

We know that choosing your team is really important. Whilst we will encourage players to register as soon as your decision is made, please be aware that you must register as a member on GMS to take part in fixtures and represent our club. GMS is the main platform used by the RFU.



OUR CLUB RUNS ON VOLUNTEERS



When your child joins our rugby club, your family becomes part of something much bigger than weekend rugby.

Our club is entirely volunteer-run. Every coach, team manager, first aider, committee member and clubhouse helper gives their time freely because they love seeing children enjoy rugby and develop confidence, friendships and teamwork.

Quite simply, without volunteers, there is no club.

More Than Just Rugby

What you see today didn't happen overnight.

When we moved to our current site, it was little more than a field full of weeds. Thanks to years of hard work from volunteers, fundraising and community support, we now have three rugby pitches, a thriving clubhouse and facilities that hundreds of children enjoy every week.

Everything we continue to build and improve is only possible because people are willing to give a little of their time.

Every Family Can Help

We don't expect everyone to do everything, but we do ask every family to help when they can.

If every family gave just one hour each month, we'd have over 240 volunteer hours to support our players!

There are lots of ways to get involved, including:

- Washing the team shirts after a match
- Helping with car parking on busy days
- Serving food or drinks in the clubhouse
- Helping at club events
- Selling draw tickets at Exeter Chiefs home games
- Assisting with bucket collections
- Supporting fundraising activities



Supporting Exeter Chiefs Foundation

One of the biggest ways we raise money is by volunteering at Exeter Chiefs home games.

Our volunteers help with:

- Selling matchday draw tickets
- Car parking
- Bucket collections

In return, the Exeter Chiefs Foundation makes a financial contribution back to our club.

These funds are incredibly important. They help us maintain our pitches and clubhouse, buy equipment, develop our coaches, improve facilities and keep our club growing for future generations of players.

Every volunteer who helps at a Chiefs match is directly supporting our own children and our own club. You also get given a free ticket to watch the match!

A Common Misunderstanding

Many people are surprised to learn that our club is not fully funded, and none of our coaches, managers, first aiders or committee members are paid.

Everyone you see giving up their evenings, weekends and holidays is doing so because they care about providing the best possible rugby experience for our young players.

Be Part of the Club

Whether you can spare an hour a month, help at a single event, wash shirts a few times during the season or volunteer regularly, every contribution makes a genuine difference.

By helping out, you're not just supporting the club – you're helping create the environment where your child and hundreds of others can learn, play, make friends and create lasting memories.

Many hands make light work, and if everyone helps a little, no one has to do a lot.

Thank you for being part of our rugby family. We couldn't do it without you.

EXETER ATHLETIC RFC YOUTH SECTION



CODE OF CONDUCT & ENQUIRIES

Core Values & Respect

Uphold the RFU's core values: Teamwork, Respect, Enjoyment, Discipline, and Sportsmanship.

Show respect to all players, coaches, referees, parents, and spectators, regardless of background, ability, or affiliation.

Avoid all forms of discrimination, bullying, and harassment — both online and offline.

Safeguarding & Welfare

Prioritise the well-being, safety, and development of all players, ensuring a positive and secure environment.

Adhere to RFU Safeguarding Policies, including appropriate supervision and conduct.

Report any concerns via the club's designated safeguarding officer, following the RFU's Speak Up Policy.

Commitment & Development

Attend training and matches punctually, giving full effort while encouraging teammates.

Coaches provide inclusive and constructive guidance to support player development.

Parents and supporters contribute positively to the club's atmosphere and ethos.

Inclusivity & Fair Play

Rugby is a game for everyone, regardless of gender, background, or ability.

Promote an environment of fairness, equality, and accessibility for all players.

Respect the laws of the game and ensure safe playing practices at all times.

Coaches, Volunteers & Officials

Lead by example, fostering a positive and respectful culture within the club.

Ensure clear communication with players and parents, promoting transparency and support.

Referees' decisions must be respected without dispute.

Social Media & Club Representation

Use social media responsibly — We have a zero tolerance on comments and posts made which could be considered as unkind, discriminatory or of a bullying nature. Represent the club positively online, adhering to RFU social media guidelines. Any concerns should be raised directly with club officials rather than discussed publicly.

Accountability & Disciplinary Actions

Breaches of this Code of Conduct will be reviewed by the club and may result in disciplinary action, in line with RFU Disciplinary Regulations.

Everyone shares the responsibility of upholding the club's standards and values.

SPECTATOR AND PARENT CODE OF CONDUCT

- Do not force your child to play
- Do not stray on to the pitch at any time
- Do not verbally abuse match officials - remember, they are volunteers
- Do not verbally abuse players or other spectators
- Do not use bad language
- Do not threaten or intimidate
- Do not become involved in physical aggression
- Do not do anything which is likely to offend by way of insult, humiliation or discrimination



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SPECTATOR AND PARENT CODE OF CONDUCT

- Show respect for officials and other players
- Encourage in your support
- Be courteous to all
- Applaud good play
- Verbally support in a proactive manner
- Remember victory is not everything
- Children are playing for their own enjoyment
- Enjoy the day and transmit that enthusiasm to the players



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EXETER ATHLETIC RFC YOUTH SECTION



QUESTIONS, ADVICE, GUIDANCE, OR CONCERNS

Our safeguarding, data protection, full code of conduct and social media policies are available on our main website. If you're a parent or player at Exeter Athletic RFC and need to ask a question or raise a concern and the answers are not available on our website, here's how to direct your queries to the right person:

Training or Playing Concerns (On Pitch) – If you have a question about coaching methods, player development, or any issues related to training reach out to the team coach and if you don't feel comfortable please speak with Ed or email him (ccc@exeterathleticrfc.co.uk)

Welfare & Safeguarding – If you have a concern about player welfare, safeguarding, or safety within the club, the club safeguarding officer is the best person to speak to. Your Safeguarding Officer is Helen Eddy and Helen can be contacted by email safeguarding@exeterathleticrfc.co.uk

Data Protection - If you have a query regarding how we process your personal data or a concern regarding a breach of data, please report this as soon as possible to registrar@exeterathleticrfc.co.uk.

CLUB CONTACTS

Club Chairman – Simon Farmer - chairman@exeterathleticrfc.co.uk

Director of Rugby – Sam Cater - DOR@exeterathleticrfc.co.uk

Director of Girls Rugby - Dave Walker - girlsrugby@exeterathleticrfc.co.uk

Minis Chair (U7- U12) - Maria Scrivens - youthminis@exeterathleticrfc.co.uk

Youth Chair - David Scrivens - youth@exeterathleticrfc.co.uk

Girls Lead (U12-U18) - Kayliegh Cowling - girlsrugby@exeterathleticrfc.co.uk

Mens Lead - Sam Cater - DOR@exeterathleticrfc.co.uk

Safeguarding Lead - Helen Eddy - safeguarding@exeterathleticrfc.co.uk

Rugby Safe Lead - Becky Hargreaves - bex1399@yahoo.com

GMS and membership enquiries - Nicky Askew - governance@exeterathleticrfc.co.uk

Club Website - www.exeterathleticrfc.co.uk/



A GUIDE TO RUGBY



POSITIONS

If your child is stepping onto the rugby field for the first time, this guide will help you grasp the basic positions on the pitch. Rugby welcomes all shapes, sizes, and skill levels, and every role is essential.

The Two Main Groups

Forwards (8 Players)

Forwards are the team's powerhouses, engaging in scrums, lineouts, rucks, and mauls. They do much of the hard work needed to gain and maintain possession.

- **Props:** Typically the strongest players, they support the scrum and safeguard the ball during contact. (1 & 3)
- **Hooker:** Responsible for throwing the ball in at lineouts and striking for the ball in the scrum. (2)
- **Second Rows (Locks):** Tall players who excel at winning the ball in lineouts and driving the scrum forward. (4 & 5)
- **Flankers:** Fast and resilient, they tackle fiercely and compete for the ball during breakdowns. (6 & 7)
- **Number Eight:** Manages the ball at the back of the scrum and connects the forwards with the backs.

Backs (7 Players)

Backs are generally quicker and more agile, focusing on creating attacking opportunities and finishing plays with tries.

- **Scrum-Half:** Distributes the ball from scrums and rucks; quick and alert, serving as a key decision-maker. (9)
- **Fly-Half:** The playmaker of the team, directing attacks, executing tactical kicks, and making crucial passes. (10)
- **Centres:** Strong runners and tacklers who break through defenses and facilitate play between forwards and wings. (12 & 13)
- **Wingers:** Fast and agile, their primary role is to finish plays and score tries. (11 & 14)
- **Full-Back:** Defends against opposing kicks and often supports the attack from a deeper position. (15)

Top Tips for Parents

- Every position is crucial; success hinges on teamwork.
- Players may experiment with different positions as they develop and learn the game.
- We emphasise effort, enjoyment, and sportsmanship above all else.

If you have any questions, your coaches are always available to assist.



REGISTRATION & MEMBERSHIP



RFU REGISTRATION USING GMS AND ANNUAL MEMBERSHIP FEES

Step One: Registration (New Players)

Parents/Guardians will need to self-register themselves before their child/children.
Setting up your account couldn't be easier!

1. Visit gms.rfu.com
2. Create a new account (or log in if you have already registered)
3. Complete the form
4. Validate your email
5. Login to your profile

Here is a helpful video: <https://www.youtube.com/watch?v=UEpWtT7Uh0Y>

Once you have an account **add your family members to your profile.**

1. Click the arrows by your name and click the add person button
2. Add the child's name and date of birth and including relevant medical conditions.
3. Click save

(All Players)

Add Exeter Athletic RFC as your organisation and register with Exeter Athletic RFC

1. Link the player's account to the relevant club by clicking "add club"
2. Search and Select **Exeter Athletic RFC**
3. Click 'Register to Play (Age Grade)'
4. Add medical notes and emergency contact details
5. Read and decide on the options within each waiver
6. Check all the information is correct and then submit registration form
7. Add additional family members as required.

Renewing membership is easy, but please ensure you have the correct organisation added before you register. If you have already played rugby you will have a GMS account, do not set up a new one, log into this one and add our club.

Here is a helpful video for registration: https://www.youtube.com/watch?v=C_TueeXNuno

Step Two: Purchasing an Annual Membership

Our membership fees are paid annually from the start of each season. A sibling discount will be applied at payment for subsequent age grade players. Payments can be made in full or in 3 installments.

1. Select the player
2. Select 'Buy Membership'
3. Selection 'Junior Player Membership - Season xx-xx'
4. Add this to your basket
5. Navigate to any siblings, adding their membership as per steps 1-4 of this section
6. Navigate to basket
7. Purchase by paying or choose direct debit which will support you to pay in installments.

