



Fairford RFC Newsletter

April 2021



As we slowly move out of lockdown and the weather starts to get little warmer (finally), the future definitely looks a little brighter and, fingers crossed, we can all look forward to some spring/summer fun in the 'Ford. But, not before we have finished with the rugby, right?

Although, it's been another 'broken' season, training is up and running again and there's plenty going on in the background to make sure your club keeps improving and is bigger, better and ready for the 2021/22 season.

This issue of the Newsletter contains lots of information on really great on/off field developments; make sure you have a good read so you're up to date. Look out for content on recruitment, Girls' rugby and a new Club volunteer role we need to fill.

[Return to rugby roadmap](#)



RETURN TO RUGBY ROAD MAP: COMMUNITY GAME 26/04/21

FOR INFORMATION ON USE OF CLUBHOUSES, CHANGING ROOMS AND OFF-FIELD PROTOCOLS, PLEASE SEE: ENGLANDRUGBY.COM/CORONAVIRUS

	CURRENT STATUS					
PHASED RETURN	A	D1	D2	E1	E2	F
	INDIVIDUAL TRAINING WITH ONE OTHER PERSON	READY & RUGBY & SOME CONTACT TRAINING	ADAPTED LAW MATCHES	FULL CONTACT TRAINING	FULL CONTACT MATCHES	ALL RESTRICTIONS LIFTED
	UNTIL 29TH MARCH	FROM 29TH MARCH	FROM 26TH APRIL	PROVISIONALLY WHEN STEP 3 OF GOVERNMENT ROADMAP REACHED (NOT BEFORE)	2 WEEKS AFTER STAGE E1 REACHED	NOT BEFORE STEP 4 OF GOVERNMENT ROADMAP REACHED (COULD BE LATER)
PERMITTED ACTIVITY	CURRENT LOCKDOWN RESTRICTIONS REMAIN INDIVIDUALS ALLOWED TO EXERCISE WITH ONE OTHER FROM ANOTHER HOUSEHOLD SCHOOLS & COLLEGES ABLE TO PLAY TO STAGE D1 INTERNALLY FROM 8TH MARCH	CONTACT TRAINING (EXCLUDING SCRUM & MAUL) READY & RUGBY, O2 TOUCH & TAG MATCHES AGAINST OTHER CLUBS	CONTACT TRAINING (STILL EXCLUDING SCRUM & MAUL) ADULT & AGE GRADE MATCHES, WITH ADAPTED LAWS (NO SCRUM & MAUL)	FULL CONTACT TRAINING (INCLUDING SCRUM & MAUL)	ADULT FULL CONTACT MATCHES* SOME OFF FIELD RESTRICTIONS LIKELY TO STILL APPLY	ALL RESTRICTIONS LIFTED
	<p>PLEASE NOTE</p> <ul style="list-style-type: none"> *Age Grade out of season activity (after 31st May) permitted in line with revised RFU training and playing guidance to follow Progression to the new set of Age Grade rules, along with any dispensations for 17 year olds to play adult rugby, are suspended until January 2022 All adult and age grade competitions anticipated to start in September as normal, under full laws References to contact rugby includes 15s, 16s and 7s Stages B & C in previous roadmaps are no longer currently relevant due to changes in Government restrictions 					

Headlines: restricted training is now underway for Seniors, Vixens and minis/juniors, with much fun had by all who are back 'at it'.

Next steps on the return to rugby roadmap:

17th May: full rules training can restart, with unrestricted matches 2 weeks later

21st June: all on and off pitch restrictions are lifted (subject of course to no disruption to the government roadmap).

(Laura Stitt, Vixen's Captain, would like to pass on her team's thanks to Danny Briggs and the Senior Team for sharing their Tuesday evening sessions with the ladies, initially, for some mixed touch rugby, which she says was invaluable and lots of fun. Vixens are now back to training Wednesdays 7-9pm).



England Rugby



GLOUCESTERSHIRE RUGBY FOOTBALL UNION

TEAMWORK

RESPECT

ENJOYMENT

DISCIPLINE

SPORTSMANSHIP

The 2020/2021 season still has so much to give.....

In addition to getting back at training, your Club is focussing now on growing its ranks and options so it is stronger for 2021/22 season and beyond.

Set out below are details on what's happening to keep that love of rugby alive in the next few months, across the various sections:

Introducing Girls' rugby at FRFC

Firstly, we are excited to confirm the Vixens' are launching a girls rugby team to FRFC, for the 11+ age group. Here is a copy of the recent Facebook announcement:



(Lucy and Poppy, founding members of the Girls team)

Player Recruitment

Second, as you may have seen on Social Media, as well as introducing a girls team, the Club has also issued an appeal for new players in all current squads – see poster at the end of this section.

So, if you're reading this and dying to give rugby a go (or you know someone who is), please see contact details on the poster and make it happen.

Mens, Vixens or Minis/Juniors, everyone is super friendly, so it'll be a blast; as Nike would say "Just do it".

The Vixens have had some recruitment success already and have welcomed 5 new players to FRFC (and the best local rugby club is very happy to have Nat, Liz, Ora, Claire and Zaz on board).

Laura would like to reassure other girls/ladies who are tempted that no experience is necessary; the existing ladies will teach you everything you need to know (even if you've never picked up a rugby ball). She says the Vixens are a friendly bunch who love to get fit and have fun together, on and off the field.

Ladies/Girls - Unleash your inner warrior

Thirdly, to welcome their new players and to kick start the new Girls' team, the Vixens have a super evening of *free* fun planned for Wednesday 19th May – see second poster below.

The event will include some coaching, starting with the basics, to let new players get a feel for what the Vixens are about. There will be an opportunity to ask questions at the end, plus the booty van will be there and refreshments will be provided to all players. What's not to like?

To register your interest or find out more email ladies@fairfordrfc.co.uk, or keep up to date with Vixens Womens/NEW Girls section, by following them on social media:

www.facebook.com/FairfordWRFC or www.Instagram.com/Fairfordvixens



Vixens friendly games

Also, Vixens have been lucky enough to arrange some friendly touch games in May with some other local ladies development teams and are very much looking forward to their first game and, finally, getting to wear their new kit. These matches will be great preparation for the team's debut next season for XV contact rugby.

FAIRFORD RUGBY NOW RECRUITING!

We're looking for players of all standards and youth coaches

Men's	Women's (Vixens)	Minis & Juniors
1st team in Glos One 2nd team in Merit League	New and experienced players welcome	All primary and secondary school children
Training Tuesdays and Thursdays 6.45pm - 8.15pm Coln House School	Training Wednesdays 7 - 9pm Coln House School	Training Sundays 10.30 - 12am Leaffield pitches, parking at Farmer's School
Contact Head Coach Danny Briggs 07988 427 518 rugby@fairfordrfc.co.uk	Contact Laura Stitt 07983 427 234 ladies@fairfordrfc.co.uk	Contact Lindsay Tharlow 07988 775 093 rugby@fairfordrfc.co.uk

Come and be part of Fairford's rugby community



fairfordrfc.co.uk | fairfordrfc | @fairfordrfc

Calling all ladies, aged 11+ UNLEASH YOUR INNER WARRIOR

Become part of one of the fastest growing sports in England, and join us for a women and girls rugby workshop.

Our Inner Warrior camp is totally FREE and suitable for total beginners, Wednesday 19th May, 2021.

Come and join us
Wednesday 19 May 2021
@ Coln House School Pitches, Fairford, GL7 4DB.
Girls (YS 11+) 6.00-7.30pm
Women (17+) 7.00-8.30pm

Book your place now!
Ladies@fairfordrfc.co.uk
07983 427 234 (Laura)

UNLEASH YOUR #INNERWARRIOR




fairfordrfc.co.uk | fairfordWARRIOR | fairfordvixens

Juniors/Minis

Finally, in this section on what's coming up on the field, the 2020/21 juniors/minis season has been extended until 31st May 2021 and we will be allowed to have some rugby over the summer months, to make up for rugby missed during lockdown (further details on this to follow).

All children will formally move to the next age grade from 1/8/21, when the 2021/22 season's memberships will become due. However, per RFU regulations, children will continue to play their current (2020/21) age grade until 1st January 2022, to allow catch up on missed development.

All teams will be single age groups, except U14 and U15 which will be combined per RFU rules. These children will play U14 rules and play against U14s in any competitions.

Easter Camp

Lots of fun was had by all the children taking part in the rugby events held over the Easter holidays. Here are a few pictures from the many shared on the Club's Instagram page:



Congratulations to Joe Cook (bottom right) who was awarded player of the week (by coach Barney Jenkins). Well played Joe!

Many thanks to those who organised/supervised the event, pictured below:



Clubhouse

We added this new section in the February issue, with the promise of regular updates on the plans for a new Clubhouse.

We had hoped by now to share details of the options that were being considered. However, the picture on this shifts as the position for FRFC and other interested parties changes.

There is no denying the impact of COVID on these plans; #financial (our own and our partners', including RFU, incomes have been hit) and #practical (the ability to meet and discuss/progress), but hopefully now that we emerge from lockdown, these challenges will slowly lessen and we can firm up on future plans.

Regardless of these challenges, please be assured your Club committee is working extremely hard (alongside their day jobs!) to make sure the importance of getting us a new home stays at the forefront of minds. We promise to bring you news as soon as we have anything capable of sharing.

Fairford RFC Next Charity Challenge – update

You may recall last month's announcement of the following two fund-raising events, proceeds of which to be split between **Fairford RFC** and **'Crohns and Colitis UK'**:

- 3rd July; 12 hour non-stop mixed touch rugby, for seniors (men and ladies)
- 24th July; Club cycle/run day including a mile route for juniors and minis to get involved.

Training for some 24/7 participants is already underway and they have been sharing their experiences on social media. Please show your support when you see these posts to encourage their efforts to continue.

The Facebook and Instagram pages have also been highlighting some of those taking part, what they're doing on the day, why they are getting involved etc, so make sure you keep an eye out for these articles, which are humbling and interesting in equal measure.

There will be posters going up around the local area promoting the events nearer the time and how you can support the two very worthy causes, but please find below the link to the #justgiving page, should you wish to make an early donation. Thank you!

www.justgiving.com/crowdfunding/frfc

'Spotlight'

This regular article, sharing information on Club members, brings you a couple of our Seniors players and a Vixen this month:

Name	Declan O'Leary
Which Team/section do/did you play for	Seniors - Mens
Preferred Position(s)	Scrum Half
How long at Club	1 year
Best memory of the Club	Social
Worst memory of the Club	Fitness
Fun Fact	Octopusses have 3 hearts (who knew?)



Name	James Anthony Wrona
Which Team/section do/did you play for	Seniors - Mens
Preferred Position(s)	Wing
How long at Club	Since I was 5 years old
Best memory of the Club	Probably playing my first game with my brother (Micheal)
Worst memory of the Club	Probably getting side stepped by a very very senior player at Gloucester All Blues
Fun Fact	I am the FRFC beer pong champion



Name	Sue
Which Team/section do/did you play for	Vixens
Preferred Position(s)	Centre
How long at Club	2 years – popped along to th 3 rd session in 2019 on my own and still there!
Best memory of the Club	Scoring my first ever try!
Worst memory of the Club	Playing badly on a Tuesday and getting annoyed about it.
Fun Fact	I've met the Queen.



FRFC 'Housekeeping' Content

FRFC Kit

If anyone is looking for new kit (now training has re-started or in readiness for next season), to purchase on-line, please go to the the Raging Bull website, using the below link. There are sections for Seniors, Vixens and Juniors.

https://www.ragingbullsportswear.com/product-category/rugby-union-club-stores/fairford-rfc/?fbclid=IwAR0QxAVizwzyW_GWZE6sfyZWhoepayP8RlzQs9wGyJ4_0OwHsK3FxyvUOUg

Remember though you can still purchase Club kit on a Sunday morning at the cabin, during juniors' training. The cabin is currently stocking a few new items too (shown in the picture below).

If you want to check availability or if you have any queries on kit, you can email our brilliant volunteer kit co-ordinator Debbie Rees-Jones on dbracewell72@googlemail.com .



Check out these new items now available!

Volunteers

New role, new volunteer required: We are specifically looking for a volunteer to support FRFC's Safe Lead, Lindsey Thurlow, in her work. This is a really interesting opportunity for the right person. If you think you have what it takes (see role profile at the end of the newsletter), please get in touch with Lindsey rugby@fairfordrfc.co.uk

As well as the specific volunteer role above, the Club is, as you know, always asking for help with coaching, butty van, admin behind the scenes etc. It really does take a lot of hard graft to keep such a brilliant Club being successful and moving forward.

At the moment that work is shared by only a very small number of people, most of whom are fitting it in around work, family etc.

A job shared is a job halved, so please put your hand up if you can spare even a small amount of time each week/month. If you think you may be able to help and just want to understand what sorts of things you could help with, please get in touch with our lovely volunteer co-ordinator (a volunteer herself!) Katharine Buchanan: familybuchanan@outlook.com

Dates for your diary

This is a new section which we will keep updated as a quick check of what's coming up (also included is a poster for the 2nd June half term camp):

Date	What/Where	Time
Sun 2 nd May	U5-U14 training, Leaffield pitches	10.30-12
Mon 3 rd May	U11 and above training, Leaffield pitches, with Jonny Butler	18.15
Sun 9 th May	U14 training, Leaffield pitches	10.30-12
Mon 10 th May	U11 and above training, Leaffield pitches, with Jonny Butler	18.15
Sun 16 th May	U14 training, Leaffield pitches	10.30-12
Mon 17 th May	U11 and above training, Leaffield pitches, with Jonny Butler	18.15
Wedn 19 th May	Inner Warrior Camp for Girls and Ladies	18.00-20.30
Sun 23 rd May	U14 training, Leaffield pitches	10.30-12
Mon 24 th May	U11 and above training, Leaffield pitches, with Jonny Butler	18.15
Sun 30 th May	End of season fun at Leaffield pitches	10.30-12
Mon 31 st May	U11 and above training, Leaffield pitches, with Jonny Butler	18.15
Wed 2 nd June	Half Team camp for Juniors/minis	10-12
Sat 3 rd July	12 hour non stop adult touch rugby	TBC
Sat 17 th July	Coaches first aid training	TBC
Sat 24 th July	Charity Challenge Day at Jenners Barn	TBC
Fri 20 th – Sun 22 nd Aug	Fairfest at Walnut Tree Field	TBC

FRFC SUMMER
CAMP
 Wednesday 2nd June
 10 – 12
 Leaffield Pitches
 Ages 5-14 welcome
BOOK NOW TO AVOID
DISAPPOINTMENT!!
rugby@fairfordrfc.co.uk


Keeping in touch

If you're not already following the Club's Social Media, it's a great way to keep in touch with what members of the Club are up to and engage in the 'banter':

What else would you like to see from FRFC?

As always, this is your Newsletter so should contain the stuff you want to see. If you have any ideas for content - funny stories (rugby or otherwise), appeals for help, upcoming local events, people in the community you would like to see featured – whatever it is, if you think it would be relevant for the FRFC community then just get in touch (Karen at kspour@sky.com) in the first instance).

Fairford RFC RugbySafe Lead Volunteer



Purpose

Player Welfare, and making rugby as safe as possible, is the joint responsibility of all involved in the game. It is important that good practice is embedded across all clubs to support the promotion of a proactive approach to player welfare and safety.

Key aspects of the role

1. First Aid / Immediate Care Pitch-side Provision

Review the club risk assessments and RFU's recommended minimum levels of immediate care (IC) and/or first aid (FA) guidelines to identify what level of first aid/immediate care is needed. Create a plan to ensure that every training session and match is covered by an appropriately qualified First Aider/Immediate Care Practitioner.

2. Training & Equipment

Organise training to ensure all appointed first aiders are trained and up-to-date with an appropriate level of qualification in line with RFU guidelines (e.g. RFU Emergency First aid in Rugby Union course). Manage the stocking and general maintenance of first aid supplies and equipment, making sure the first aid equipment and kits are suitable for the level/amount of activity and those trained to use it.

3. Emergency Action Plan

Along with our key personnel in the club, develop an Emergency Action Plan to ensure there is a clear process in the event of an incident/injury. Develop a process to ensure that these procedures are known and understood amongst appropriate individuals in the club.

4. Reporting

Ensure there is process in place to keep records of player medical conditions, monitor injuries and report incidents/injuries as they happen in line with RFU regulations.

5. RugbySafe

Utilise Prime Practise who Fairford are working with to provide cover for matches and injury clinics

Is this the role for you?

If you are practical, organised and have a passion for making sure that rugby is played in a safe and enjoyable environment with player welfare at the heart, this could be the role for you. This role does not involve you being pitchside for first aid a medical background would be an advantage but not essential.

If you are interested please get in touch rugby@fairfordrfc.co.uk for further information

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TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP