



# Junior Members Handbook

## History

Southern Districts Rugby Club (SDRC), often referred to as 'Souths' or 'Southern Pirates' has a proud and strong history within the Victoria Rugby Union community. Our club was formed in 1972 and has since provided teams in the Junior, Senior and Master's rugby competitions. Our club was born after local rugby enthusiasts met, responding to a message in the Public Notices of the local newspaper.

## Location

"Southern Districts" is a reflection of the Peninsula and surrounding areas in which our players and members reside. Our home is located at Riviera Reserve in Seaford.

## Our Vision

Our vision is to be a rugby club with a strong community spirit which endeavours to create a positive and fun environment where all people of all ages can enjoy the game of rugby. By developing clear pathways, we strive to attract and retain members from junior rugby through to senior rugby, creating competitive teams across both programs.

***A club that members are proud to be associated with.***

## Our Mission

Southern Districts Rugby Club endeavours to operate as a respected family friendly inclusive club that strives for excellence on and off the rugby field, while maintaining a relaxed and fun environment.

## Our Sponsors for the 2021 Season



## SDRC MANAGEMENT COMMITTEE 2021

POSITION	NAME	EMAIL
President	Travis De Gelder	<a href="mailto:sdrcpresident@gmail.com">sdrcpresident@gmail.com</a>
Secretary	Robbie Hunter	<a href="mailto:sdrcsecretary@gmail.com">sdrcsecretary@gmail.com</a>
Treasurer	Paul Smith	<a href="mailto:sdrc_treasur@gmail.com">sdrc_treasur@gmail.com</a>
Junior Coordinator	Travis de Gelder (Acting)	<a href="mailto:sdrcjnrcoord@gmail.com">sdrcjnrcoord@gmail.com</a>
Sponsorship	Adam Loveridge	<a href="mailto:sdrcsponsorship@gmail.com">sdrcsponsorship@gmail.com</a>

### General Committee Members:

- Adam Loveridge
- Bryce Foothead
- Matthew Grenfell
- Anton Pilli

### Other Key Volunteers:

POSITION	NAME	EMAIL
Bar Manager	Vacant	
Catering Manager	Michelle Boyle	
Ground Management	Vacant	
Merchandise	Vacant	
Senior 1st XV Coach	Henry Luapo	
Senior Colts XV Coach	Matt Grenfeld	

### Junior Teams and Contact Details

Team	Coach	Team Manager
Under 7's	Paul Johnson	Clare Hubbard
Under 9's	Troy Coggins, Hendrik Venter	Bec Schofield
Under 11's	Jason Robinson, Paul Smith, Simon Kidson	Sasha Kidson
Under 13's	Hantie Rossouw, Barry Te Hiko	Cammy Rossouw
Under 14s	Jason Jones, Anton Pilli	Michaela Drodrolagi
Under 12's Girls Touch 7s	Mark Archibald	Sara Wright
Under 16's Girls Touch 7s	Bryce Foothead, Kory Wright	

# CODE OF CONDUCT AND RESPONSIBILITIES

## INTRODUCTION

### **PURPOSE:**

The purpose of the Southern Districts Rugby Club (SDRC) Code of Conduct is to provide a principle-based code which is aligned with the club's and Rugby Australia's values and by which participants will adhere to at all time, including in an on-field, off-field and social media capacity.

For the purpose of this policy the term 'participant' refers to any member, official, administrator, volunteer or spectator associated with SDRC or present at a SDRC event.

The SDRC Code of Conduct is underpinned by the Rugby Australia Code of Conduct and as such participants are bound by both sets of codes. Breaches of the code may be dealt with in accordance with the SDRC Constitution and relevant organisational policies.

### **CODE OF CONDUCT:**

All participants involved with the SDRC agree to:

1. Respect the rights, dignity and worth of every person regardless of their gender or gender identity, sexual orientation, ethnicity, religion, cultural background, age, or disability.
2. Be welcoming and inclusive, providing opportunities to all participants at all times.
3. Act with honesty and integrity at all times.
4. Participate in on-field and club activities in a manner which promotes the club and the game.
5. Promote the positive aspects of sport and not to tolerate foul play, violence, offensive language, or general misconduct.
6. Be respectful of club and game officials and their decisions and support them to carry out their roles and duties.
7. Use social media platforms positively for rugby and club related content, and in a manner, which is appropriate for all club members, including junior members.
8. Be responsible and accountable for their actions at all times.
9. Ensure the safety of all participants at all times.
10. Be aware of, and comply with all key Rugby Australia and Rugby Victoria policies and guidelines either as a player, a coach, an administrator, a volunteer or a spectator.

## MEMBERSHIP TERMS AND CONDITIONS

By registering as a member of Southern Districts Rugby Club (SDRC) an individual or for a minor their parent, certifies that they understand and agree to abide by the terms and conditions of membership as set forth by the SDRC Committee, Rugby Australia (RA) and RV .

Such terms include:

- abiding by all codes of conduct, behavioural guidelines and policies of SDRC, RV and the RA;
- paying all membership in full on self-registration or by lodging a credit card for part payments on RugbyXplorer the national rugby app.
  - See how to do this at:  
<https://www.youtube.com/watch?v=K46S4xrVkFY&feature=youtu.be>
- taking due care of all club property, equipment, and facilities and undertaking not to deface, damage or abuse these in any way and if necessary pay for the cost of repair or replacement; safe keeping all club equipment loaned or used, and ensuring it's return when required by the club. Failure to do so incurs the personal cost of repair or replacement.
- abiding by the conditions of the club's liquor licence, alcohol, smoke-free, illegal drugs, and inclusion/diversity policies, including those of RV and RA.

membership can be cancelled at any stage, **but the RV, RA and Insurance portions of the annual subscription fee must be paid**, notwithstanding that the club may offer and pay a full or part refund of internal club fees depending upon the stage of the season.

SDRC adheres to the policy of the RA and follows its guidelines with the collection of personal information. A copy of the RA policy can be obtained from the Club Secretary or directly from [www.rugbyau.com](http://www.rugbyau.com). In essence, the club does not divulge any personal details of players or parents to other parties.

## REGISTRATION OF MEMBERS

SDRC is compliant with online RA RugbyXplorer member registration. This requires download and sign up on their RugbyXplorer App before you can register with either SDRC **Junior** Rugby Football Club or SDRC (**Seniors**) Rugby Football Club.

### CLUB MEMBERSHIP FEES 2021:

Member	Age	Full Fee
Masters Player	35+	\$250
Senior Player	21+	\$275
Colt Player	18-21	\$200
Juniors	12-18	\$215
Juniors	8 - 11	\$165
Pathway Player	5 - 7	\$130
Social Member	18+	\$50

## COMMUNICATION

Communication to members can be challenging as our volunteers have busy lives away from rugby. SDRC has a number of systems in place that might be useful to you; please check these regularly for useful information.

**Website:** [www.southerndistrictsrugby.club](http://www.southerndistrictsrugby.club) The website provides links to Rugby Australia, game day and training information and registration links.

**Facebook:** The “official site” <https://www.facebook.com/southerndistrictpirates>  
Each team will also have their own Facebook group and will be used as a form of communication. Facebook group administration will be the coaches of that particular team.

Please see [RugbyAUMemberProtectionPolicy.pdf](#) section 7.10 for the social media guidance.

**Instagram:** <https://www.instagram.com/southerndistrictspirates/>

## TRAINING SCHEDULE

TEAM	EVENING	TIME
Juniors Under 6 to 11 Teams	Thursday	5:30 – 6:30pm
Juniors Under 14 to 18 Teams	Tuesday & Thursday	5:30 – 6:30pm
Seniors and Under 18 players	Tuesday & Thursday	6:30 – 8:30pm
Girls Touch 7's	Thursday	5:30 – 6:30pm
Family Touch	Monday	5:30 – 7:00pm

Training takes place at SDRC, Eel Race Road Reserve, Seaford Please inform your child's coach if they are unable to make training.

## GAME DAY

Games are played on a Saturday morning and start times vary depending on the age group. Home games are played at the SDRC, Eel Race Road Reserve, Seaford.

Away games are played at the clubs below

Rugby Club Locations for Away Games	
<b>Ballarat</b>	Doug Dean Reserve, Nandiriog Drive, Delacombe 3350
<b>Bendigo</b>	Epsom Huntly Reserve, 353 Midland Hwy, Epsom. 3550
<b>Box Hill</b>	RHL Sparks Reserve, Cnr Middleborough and Canterbury Rds., Box Hill
<b>Brimbank</b>	Arthur Beachley Reserve, Ardoyne Street, Sunshine
<b>Casey</b>	Clyde Recreation Reserve, 10 Pattersons Road, Clyde North
<b>Cerberus</b>	HMAS Cerberus, Westernport
<b>Endeavour Hills</b>	Frog Hollow Reserve, David Collins Drive, Endeavour Hills

<b>Footscray</b>	Henry Turner Reserve, Cnr of Farnsworth Ave & Myers Rd., Footscray
<b>Geelong</b>	Flinders Peak Reserve, Hendy Street, Corio
<b>Harlequins</b>	Homesglen Reserve, Power Ave., Ashwood
<b>Kiwi Hawthorn</b>	Lewin Reserve, 23 Parkin St, Glen Iris.
<b>Maroondah</b>	Griff Hunt Reserve, Lyons Road, Croydon North
<b>Melbourne</b>	Romanis Reserve, Orrong Park, Orrong Road, Prahran
<b>Melbourne Uni</b>	HG Smith Oval, Macarthur Ave., Royal Park
<b>Melton</b>	McPherson Park, Coburn's Road, Melton
<b>Monash Uni</b>	Monash University, Soccer Area 5, Clayton Campus
<b>Moorabbin</b>	Harold Caterson Reserve, Keys Rd., North Cheltenham
<b>Northern</b>	C.H. Sullivan Memorial Park, Blake Street, Reservoir
<b>Power House Junior</b>	Loft Reserve Road, Altona
<b>Power House Senior</b>	Albert Park, Lakeside Dr., Albert Park
<b>Puckapunyal</b>	Puckapunyal Military Area Rugby Oval, Puckapunyal
<b>Racing</b>	24-32 Dane Rd, Moorabbin
<b>Shepparton</b>	V.E. Vibert Reserve, 290-300 Archer Street, Shepparton
<b>Southern</b>	Riviera Reserve, Eel Race Road, Seaford
<b>Wyndham</b>	Mossfiel Reserve, Heaths Road, Hoppers Crossing

On game days, please ensure your child is ready and at the field 30 minutes before the game starts.

**MATCH CANCELLATIONS:** ground or extreme weather conditions may lead to game cancellation. Your team manager or coach will endeavour to communicate details.

**SEASON PLAYING TIMES:** game times are often subject to change. Please seek fixture confirmation every week from your team manager. Every effort will be made to notify you of changes in match day arrangements.

**EXTREME WEATHER:** rugby union is a winter sport; training and games are only suspended if playing surfaces are flooded, frozen, or if hail or lightning poses a risk to player welfare. **NEVER** assume that you are not required to attend sessions planned during extreme weather conditions; your coach may have alternative activities planned.



## CHILD WELFARE & SAFETY

SDRC takes child safety and welfare seriously and to ensure that all children continue enjoying the game of rugby, the following policies and information are outlined.

The game of Rugby enhances fitness, strength and endurance in a team-based atmosphere that will generate friendships and lifelong skills. Unfortunately like all sports there is a degree of the risk of injury and with membership is included player insurance.

Please refer to the website- <http://www.rugby.com.au/tryrugby/Administration/Insurance.aspx>

Here you will find full details of the policy. The club also strongly recommends private health insurance for all players. Every effort is made by all coaching staff to prevent injury or risk to players in their care. Parents should be vigilant in telling the coaching staff of any illness or health issues their child may have before playing or training. Victorian Ambulance cover is also actively encouraged.

During training and games there will be a first aid officer present as well as an appropriate first aid kit. It is the responsibility of EVERY player to attend training with appropriate equipment including boots, mouthguard and water bottle. During wetter sessions we recommend having a change of clothes, an old towel or blanket in the car and plastic sheeting to protect the car interior.

SDRC follows the Child Safe Framework and Safeguarding Children Guidelines put out by Rugby Australia

### **Safeguarding Children Guidelines**

<https://australia.rugby/-/media/rugbyau/documents/safeguardingchildrenguidelines.pdf?la=en&hash=EC1A3632B3EF411005A6EAA5F0727878>

### **Child Safe Framework**

<https://australia.rugby/-/media/rugbyau/documents/childsafeframework.pdf?la=en&hash=2D6FBE8B41462FC7EAD4DCA3677697AF>

All coaching staff are required to register and maintain their Working with Children Check.

## ADDITIONAL POLICIES

SDRC continually reviews and updates its guidelines for the conduct of members. These “Codes of Conduct” also include an undertaking to abide by all national guidelines for the game: These can be found at <http://www.rugbyau.com/about/codes-and-policies/all-codes-and-policies>.

In brief these are:

[Age Grade Dispensation Procedure](#)  
[Anti-Corruption and Betting Policy](#)  
[Anti-Doping Code](#)  
[Artificial Turf](#)  
[Blood Policy](#)  
[Child Safe Framework](#)  
[Code of Conduct](#)  
[Concussion Management](#)  
[Disability Dispensation Procedure](#)  
[Disciplinary Rules](#)  
[Gender Identity Dispensation Procedure](#)  
[Inclusion Policy](#)  
[Illicit Drugs Policy](#)  
[Laws of the Game](#)  
[Member Protection Policy](#)  
[Medical & First Aid Requirements](#)  
[Medical Policy](#)  
[Mixed Gender Dispensation Procedure](#)

[Participation Policy](#)  
[Players Suspended from other sports](#)  
[Registration Regulations](#)  
[Registration Terms and Conditions](#)  
[Rugby Goggles Policy](#)  
[Safety Policy](#)  
[Safeguarding Children Guidelines](#)  
[Semi-Professional Medical Policy](#)  
[Semi-Professional Supplements Policy](#)  
[Senior Rugby Dispensation Procedure](#)  
[Serious Injury Protocol/Report](#)  
[Smart Rugby Policy](#)  
[Sports Lighting - Australian Standard](#)  
[Sports Supplement Policy](#)  
[Under 7s Playing U8s Procedure](#)  
[WADA Prohibited List 2018](#)  
[World Rugby Heat Guidelines](#)  
[World Rugby Lightning Safety Guidelines](#)

# COVID SAFE PLAN & POLICY

## 1. Ensure Physical Distancing: Requirements:

- You must ensure participants and attendees are 1.5m apart where possible.
- All areas in which people may have to wait or congregate display a poster explaining physical distancing.
- Signage is placed asking the public, participants, and attendees to maintain social distancing.
- The number of participants and attendees is not to exceed current government guidelines. (
- Signs relating to COVID-19 symptoms have been placed in high visibility areas as a reminder to participants and attendees to refrain from entering or attending if they have symptoms of COVID-19 or transmissible diseases.

## 2. Wear a Face Covering: Requirements:

- Always advise all attendees and participants to provide their own face mask/covering and have it available for use as per current government guidelines.

## 3. Practise Good Hygiene: Requirements:

- Frequently clean surfaces and equipment with appropriate cleaning products, including detergent and disinfectant. This will include all shared bathroom and changeroom facilities.
- Soap and/or hand sanitiser will be available for all participants and attendees to encourage regular hand hygiene.
- Participants and attendees are asked to perform hand hygiene on arrival, throughout their time at the club and on departure from the club.
- The club has a no hand shaking or touching policy to minimise the risk of transmission.

## 4. Keep Records and Act Quickly if Attendees or Participants Become Unwell:

- The club will pre-screen members, participants and attendees prior to their attendance and remind them of the importance of not attending if unwell and limiting the spread. Participants and attendees should be asked if they have been potentially exposed to Coronavirus (COVID-19) or have any symptoms, such as fever, cough, sore throat, or shortness of breath.
- The Club will respond to a participant or attendee notifying they are a positive case while at the club, noting attendees who show symptoms or have been in close contact should NOT attend the club until they receive their test results.
- The Club will identify and notify close contacts in the event of a positive case attending the club during their infectious period. Use of attendance register or QR code will be used as basis for attendance.
- The Club will contact relevant authorities and bodies such as DHHS, Frankston City Council, Rugby Victoria and notify of any potentially positive cases, actions taken, provide a copy of any attendance records and the contact details of any close contacts.
- The Club will immediately suspend any activities and close the facilities as instructed by the relevant authorities.
- The Club, in consultation with the relevant authorities, will develop a plan to re-open the club and facilities and notify participants of a return to activities.

Requirements: You must keep records of all people who enter the club for contact tracing.

- The use of a separate sign in sheet and/or QR Codes for all participants and attendees. This sign in sheet is for everyone to enter their name, phone number and or email address, the date and time they were in attendance at the club.
- To make all participants and attendees aware of the COVIDSafe app and how to use and encourage all to download it.

## 5. Create Attendee and Participant Bubbles:

- The number of participants and attendees is not to exceed current government guidelines.
- Stagger arrival and activity times between components of the club. Family and junior activities to commence at a different time to senior/masters activities.

For the latest information on restrictions in Victoria, visit [vic.gov.au](http://vic.gov.au)

# VOLUNTEERS

Volunteers are the lifeblood of any community organisation and without volunteer's community sport would not be what it is today. If you would like to volunteer your time and/or experience in any of the following ways, please contact either your child's coach or a member of the SDRC committee.

- BBQ on game days
- Canteen support
- Bar support (RSA required)
- Match day support
- Bunnings BBQ or other community-based fundraising activities.
- First Aid (evidence of certificate/training required)
- Joining the SDRC committee