



FROME RFC PLAYERS' CODE OF CONDUCT

RFU CORE VALUES

TEAMWORK | RESPECT | ENJOYMENT | DISCIPLINE | SPORTSMANSHIP

All players are expected to uphold the RFU Core Values of Rugby Union and represent Frome RFC positively in training, matches and club activities.

Equity Statement: Frome RFC is committed to a welcoming, inclusive and fair rugby environment. All players must treat others with dignity and respect, support equal opportunity and challenge inappropriate or discriminatory behaviour.

These values must be visible in every session, match, and interaction.

PLAYER WELFARE & SAFETY

- Take responsibility for your own safety and the safety of others.
 - Listen carefully to coaches and match officials when safety instructions are given.
 - Use club facilities and equipment safely, respectfully and as instructed.
 - Tell your coach on arrival at training or matches about any injury or medical condition so a safe decision can be made about participation.
 - Do not train or play when injured, and follow medical, concussion and return-to-play guidance.
 - Tell a coach, parent, guardian, carer or club official if you are injured, unwell, worried or feel unsafe.
 - Speak up if you see or experience bullying, discrimination, harassment, abuse or behaviour that makes someone feel unsafe.
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TRAINING BEHAVIOUR & STANDARDS

- Participate to enjoy rugby union, have fun and develop, not just to please parents, carers or coaches.
- Attend training and matches ready to learn, take part and contribute positively.
- Focus on enjoyment, improving your skills and understanding how rugby union is played.
- Compete to the best of your ability and encourage your teammates to do the same.
- Work hard for yourself and your team, both on and off the field.
- Listen to your coach, follow instructions and ask for advice or assistance when needed.
- Be attentive during coaching sessions and do not distract others.
- Respect coaches, volunteers and club officials who give their time to support rugby.

- Wear appropriate kit and represent Frome RFC with pride when training or playing.
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MATCHDAY EXPECTATIONS

- Play within the Laws of the Game and accept all refereeing decisions.
 - Play to win, but never at all costs.
 - Respect opponents, teammates, match officials, coaches, volunteers and spectators.
 - Recognise good play by teammates and opponents.
 - Be a good sport: win with dignity and lose with grace.
 - Control your temper and emotions; both you and your team will benefit.
 - Reject cheating, violence, bullying, racism, discrimination and drug misuse.
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SAFEGUARDING & APPROPRIATE CONDUCT

- Treat all players as you would like to be treated.
 - Use respectful language at all times and avoid behaviour that could upset, embarrass or exclude others.
 - Do not interfere with, distract, bully, intimidate, discriminate against, harass or take unfair advantage of anyone.
 - Respect personal boundaries and the privacy of others.
 - Follow club rules for changing rooms, showers, travel and supervision.
 - Never use a camera or phone camera in changing rooms.
 - Tell a trusted adult, coach or club safeguarding contact if you are worried about your own safety or someone else's welfare.
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SOCIAL MEDIA & DIGITAL CONDUCT

- Represent Frome RFC positively online and in all digital communication.
 - Do not publish, post, share or send content that is offensive, unsporting or harmful to the club, players, officials, volunteers, opponents or the game.
 - Do not use social media or messaging to bully, harass, abuse, intimidate or exclude others.
 - Respect privacy and do not share images, videos or personal information without appropriate permission.
 - Follow club and RFU digital communication guidance.
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CLUB REPRESENTATION & INTEGRITY

- Remember that you represent Frome RFC and your behaviour should reflect this.
- Uphold Frome RFC's reputation on and off the field.
- Show loyalty, commitment and respect to teammates, coaches, volunteers and the club.
- Support a positive team culture where everyone can enjoy rugby and feel they belong.
- Look after club facilities, kit and equipment.
- Challenge inappropriate behaviour safely and report concerns promptly.

ACCOUNTABILITY

Frome RFC and its coaches will not tolerate behaviour that is disruptive, rude or outside the spirit of Rugby Union. Breaches of this Code may result in:

- A reminder of expected standards.
- A meeting with coaches, parents, guardians or carers where appropriate.
- Temporary suspension from training, matches or club activities.
- Referral to the club committee, safeguarding team or RFU where necessary.
- Further action in line with club policies.

All players must **read, understand and agree** to this Code annually.

FROME RFC

Committed to excellence, community, and the spirit of rugby.

Your Safeguarding Team:

Club Safeguarding Officer

Celine Bush

07885 911835

Safeguarding Assistants

Guy Chesshire

07968 786339

Becky Durston

Naomi Bates

Contact: safeguarding@fromerfc.org