



Risk Assessment and Management Plan for Age Grade Rugby Activities 2025/26 Season

This process must be carried out giving full consideration to the following matters and in compliance with them:

- [Rugby Football Union Regulations](#)
- [RFU Rugby Safe Guidance](#)
- [M&Js Policies and Procedures](#)
- [M&Js Travel Risk Assessment](#)
- [JRFC First Aid Risk Assessment](#)

Risk / issue	Mitigation/Guidance	Actions	Responsibilities
HEALTH AND WELFARE			
First Aid	First aid provision will be available for any minor injuries by appropriately qualified emergency first aiders (EFA) in line with RFU RugbySafe guidance	Refer to First Aid Risk Assessment. All EFAs will be RFU DBS checked Each squad will have at least 1 EFA pitch side at every training session (max 40 players/EFA) Matches: U6s-U8s require 1 EFA/age group (up to 40 players) U9-U12s require 1 EFA/match U13-U18 require 1 EFA/team	Committee/EFAs

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		When travelling, each squad will have 1 EFA. Each EFA will have a First Aid Kit: Handed out to EFAs on Sunday mornings, provided to EFA's who training during the evenings. Each travelling squad will be provided with a travel First Aid Kit. EFAs are responsible for identifying the need for stock replenishment.	
Toilet/changing facilities	Toilets are available on Pitch 1 Changing rooms will be used for home matches only.	Clean/check toilets at regular intervals RFU safeguarding considerations for changing rooms guidance will be followed.	Committee
Safeguarding	M&Js Safeguarding policies and procedures apply to all rugby activities. All participants will be registered with M&Js through the RFU GMS. Managers will hold medical/consent information securely containing emergency contact details for all participants.	All M&Js coaches/volunteers will be JRFC members and RFU DBS checked. Additional coaches/volunteers must be supervised by a DBS checked volunteers at all times and need to be registered with M&Js and RFU DBS checked if they are going to be present at 3 or more sessions with a 30 day period (Regulated Activity). The RFU recommended minimum ratio of DBS checked adults to children: • 1:10 for children over 8 years old aged at least 9 • 1:8 for children under 8 years old aged 7 and 8 • 1:6 for children under 7 years old If any child makes a disclosure of concern or displays any indicators of concern to a coach, the coach should contact the Club Safeguarding Officer immediately.	Coaches/ Managers/ Committee

Risk / issue	Mitigation/Guidance	Actions	Responsibilities
Communication	Managers/Lead Coaches etc. will communicate safely and effectively with parents/carers, children and young people.	Volunteers, parents and players will abide by the JRFC Code of Conduct. Volunteers, parents and players will follow the Cyber-Guidance.pdf (widen.net) for communication. For older age groups (U16s/Colts etc.) to support communication, group messaging including players may be used on the condition that each young person's parent/carer is also a member of the group and that this communication will only contain information regarding rugby activity arrangements etc. it is not to be used for general chat. Children/young people should not be communicated with directly via telephone/email/messaging/WhatsApp etc. without a parent/carer copied into all communications. Managers should take care when setting up group communications to ensure consent has been sought before adding individuals. Managers should monitor content and report any concerns to the Club Safeguarding Officer.	All All All All Manager Manager/CSO
Safety and Welfare	Children's safety and welfare will be protected and maintained RFU Rugby Safe Guidance provides guidance upon	Decisions based upon weather/pitch conditions will be made by M&Js Chair following assessment. This will be communicated to Managers to cascade where necessary.	Committee

Risk / issue	Mitigation/Guidance	Actions	Responsibilities
	- Clothing & Equipment (including Studs, mouth guards, scrum caps etc. - First Aid - Medical conditions	Lead coaches will carryout dynamic risk assessment as part of session planning and monitoring – considering weather/pitch conditions, abilities etc. Managers will remind parents of appropriate clothing/layering etc. Mouthguards must be worn for any contact activity. Studs will be checked to ensure legality. All children must bring a named water bottle to ensure adequate hydration While all parents/guardians should remain on the premises throughout a session, it is particularly important for children up to and including the age of under 11s see RFU Parental Attendance at Rugby Parents/guardians will provide full and appropriate information regarding any medical conditions/additional needs and where appropriate an individualised safety/care plan will be developed collaboratively including information from a relevant Health Care Professional where necessary.	Lead coaches Managers Parents/carers Coaches/parents/carers Parents/carers Parents/carers Parents/Child/Manager RSL/CSO/HCP
Rugby Activities (M&Js)	Coaches will follow the RFU guidance regarding age grade regulations and changes to ensure that activities reflect best practice, regulatory requirements and prioritise injury prevention.	Lead coaches to ensure rugby activities in line with: Age Grade Rugby (englandrugby.com) Training and updates to be arranged for volunteers.	Coaches Committee

Risk / issue	Mitigation/Guidance	Actions	Responsibilities
		Where rugby activities are being carried out at venues other than the JRFC, coaches are responsible for dynamic risk assessment of the location to ensure that any rugby activity is appropriate to the environment. All RFU regulations, guidance and JRFC policies must be applied i.e. First Aid requirements and ratios.	Coaches/Managers
Rugby Activities (JRFC connected)	Any connected individual (i.e. player/former pro player/senior coach) delivering either group sessions, 1:1 coaching, coaching at a JRFC rugby camp or as part of JRFC schools programme should be subject to the same standards as M&J volunteer coaches.	Coaches should: • Be a JRFC club member (otherwise not covered by RFU insurance) or hold appropriate public liability insurance • Hold a valid RFU DBS check • Complete RFU Play it Safe course • Hold a relevant coaching qualification per the RFU age grade requirements (or equivalent relevant qualifications and experience) • Discuss proposed sessions with Lead Coach of relevant age groups in advance, to ensure no clash with regular M&J training and match-prep • Ensure appropriate permissions/approvals have been confirmed. Group sessions should follow the RFU ratio of responsible adults and have an RFU qualified first aider present For 1:1 sessions a parent or carer should be present Approval will be provided by the Director of Rugby and M&Js Chair	JRFC connected coach etc. / JRFC Director of Rugby / Committee

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Third party rugby activity	Third party providers (clubs, schools etc) who wish to provide rugby activities at JRFC premises will be dealt with on a case-by-case basis.	Confirmation of the following should be sought: • DBS checks • First Aid cover • Public liability insurance • Data protection process • Details of safeguarding and coaching qualifications held by those delivering the training • Details of coaching to be provided, cost and whether any support from local coaches is requested • Details of any benefits to be provided to JRFC (which will depend on provider): coach development, equipment, reduced course fee for members, discounted seats at future games etc Approval will be provided by the Director of Rugby and M&Js Chair	Third party / JRFC Director of Rugby / Committee
Car parking	Parking will be available at: Strive for week night training sessions and for parents/carers of players in the first sessions on Sunday mornings. Parents/carers of U6s can use the Bowling Alley carpark on Sunday mornings (all cars must be removed by 11am) Volunteers should use the Club House Car Park. Additional parking is available at the Aero Club on Sunday mornings with overflow parking available on Pitch 6	Designated car parks will be sign posted. A parking attendant will be present on Sunday mornings or at other times when large numbers of cars are expected to improve safety and traffic flow.	Committee