



HANDBOOK

2021

CONTENTS

1 FOREWORD	4
2 COMMITTEE	5
3 ROLES AND CONTACT DETAILS	6
4 CONSTITUTION	7
4.1 Name	7
4.2 Objective	7
4.3 Membership	7
4.4 Management	7
4.4.1 Executive committee	7
4.4.2 Football committee	7
4.5 Subscription	7
4.6 Finance	8
4.7 Expulsion	8
4.8 Alteration of rules	8
4.9 Bye laws	8
4.10 Sub-committees	9
4.11 Annual general meeting	9
4.12 Extraordinary general meeting	9
4.13 Chairman's casting vote	9
4.14 Voting	10
4.15 Non-attendance of committee members	10
4.16 Management committee decisions	10
4.17 Quorums	10
4.18 Kit and equipment	10
4.19 Dissolution	10
4.20 Public liability insurance	11
4.21 Affiliation	11
4.22 Club welfare officer	11



5 CODE OF CONDUCT	12
5.1 Coaches	12
5.2 Player's	12
5.3 Parent's/Guardian's/Carer's	13
5.4 Spectator's	13
6 EQUALITY POLICY	14
7 WELFARE & SAFEGUARDING	15
8 NEW COACHES	18
8.1 Qualifications	18
8.2 DBS / CRC checks	18
8.3 Safeguarding	18
8.4 Bank account	18
8.5 Monthly subs	18
8.6 Training	18
9 FORMAT	19
9.1 Age Groups	19
10 KIT	20
11 EMERGENCY ACTION PLAN	21
11.1 Defibrillation	21
11.2 Concussion Recognition Tool	22

1 FOREWORD

Hedon Rangers AFC was formed in 1982 to provide organised football for the boys and girls within Hedon and the surrounding area, giving them the opportunity to develop a sporting interest that will last for life. Since the club's inception it has grown steadily in size and successfully competes in the Hull and District Youth Football League. The club also has a thriving men's section. The 1st team play in the Humber Premier League, the other 3 teams all play in their games in the East Riding County League. A further 2 veteran's teams compete in the Hull and District Veterans Football League. The club now provides football for over 300 children and adults from the 4 year old's in the Academy to open age.

At Hedon Rangers our overriding intention is to make everyone's involvement in the game of football as enjoyable as possible, regardless of age, ability or background. Hopefully ensuring they develop not only as players but also as individuals. The value of team participation in this development should never be underestimated.

This handbook provides the Committee members, Coaches and Parents with information on the club's constitution, code of conduct, policies and contacts within the club.

Let them play.



Richard Cooper - Chairman

2 COMMITTEE

Hedon Rangers Committee Members

Chairman: Richard Cooper

Treasurer: Darren Walker

Secretary: Dave Thompson

Welfare Office: Richard Cooper

Coach Mentor: Lee Baker

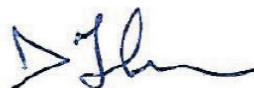
Youth Soccer: Simon Matson

Men's: Kenny Harrison

Chairman: Richard Cooper Signature:



Secretary: Dave Thompson Signature:



3 ROLES AND CONTACT DETAILS

COMMITTEE			
Chairman:	Rich Cooper	rich@thecoopers.karoo.co.uk	07917 616825
Treasurer:	Darren Walker	walker.darren1971@gmail.com	07986 704294
Secretary:	Dave Thompson	dkthompson@dkthompson.karoo.co.uk	07875 936491
Club Welfare Officer	Rich Cooper	rich@thecoopers.karoo.co.uk	07917 616825
Coach Mentor	Lee Baker	leedavidbaker@yahoo.co.uk	07710 582969
Youth Soccer	Simon Matson	matsonsimon@yahoo.co.uk	07878 207879
Mens	Kenny Harrison	kenny.harrison@eastriding.gov.uk	07788 588630
EASTSIDE			
Eastside	Dave Gatti	daviegee@hotmail.co.uk	07597 689406
Eastside	Gordon Wilson	g.wilson@hotmail.com	07983 048866
OPEN AGE			
Secretary:	Dave Thompson	dkthompson@dkthompson.karoo.co.uk	07875 936491
1st Team	Lee Baker	leedavidbaker@yahoo.co.uk	07710 582969
Reserves	Rich Cooper	rich@thecoopers.karoo.co.uk	07917 616825
3rd Team	Mark Lyon	marklyon2310@gmail.com	07708 307577
4th Team Academy	Will Kirke	kirkey19@hotmail.co.uk	07540 001016
Veterans	Simon Matson	matsonsimon@yahoo.co.uk	07878 207879
Veterans B	Carl Southcoat	crsgreystones@gmail.com	07889 703654
Women's	Millie Cooper	millcoops@icloud.com	07944 442732
JUNIORS			
Academy	Rich Cooper	rich@thecoopers.karoo.co.uk	07917 616825
Academy	Paul Paviour	paulp@thesopergroup.co.uk	07739 522204
U7	Liam Sykes	liamsykes83@hotmail.com	07724 592933
U7 Other	Pete Smith	ktkt694@gmail.com	07760 883532
U8	Lee Baker	leedavidbaker@yahoo.co.uk	07710 582969
U8 Royals	Teresa Drinkwater	teresadrinkwater@aol.com	07708 917956
U9	Matt Holmes	holmes1108@yahoo.co.uk	07828 232647
U9	Andy Waugh	harsap22112810@gmail.com	
U9	Sarah Carmichael	hedonrangers18@yahoo.com	07833 955001
U9 Eastside	Richard Whitehead	titch62@live.co.uk	07775 438416
U10	Ian Smith	gliddedboy1@hoymail.co.uk	07525 798188
U11	Mark Baker	markab1978@icloud.com	07414 660338
U11 Eastside	Simon Matson	matsonsimon@yahoo.co.uk	07878 207879
U11 Blues	Mike Stansfield	mike.stansfield1311@gmail.com	07455 937760
U12 Eastside	Faye Collinson Batty	fayec.fayec@outlook.com	07888 841849
U12 Eastside	Dave Collinson-Batty	davebatty81@gmail.com	07888 841850
U12 Blues	Andy Thomas	andythomas139@hotmail.com	07432 482252
U13	Jim Baron	jdr2008@live.co.uk	07988 194956
U13 Eastside	Phil Hill	bevanh@bevanh.karoo.co.uk	07734 703673
U13 Eastside	Denise Winter	winter94@winter94.karoo.co.uk	07957 847024
U14 Eastside	Andy Jarvis	trigspur@icloud.com	07854 173331
U14	Andy Sutton	adsutty@icloud.com	07896 314307



4 CONSTITUTION

4.1 NAME

The club shall be called Hedon Rangers Association Football Club.

4.2 OBJECTIVE

The objects of the club shall be to provide football recreation and teams for children and adults of the community.

4.3 MEMBERSHIP

The club shall consist of:

- Full members comprising seven elected officials with two nominated representatives from each team, whom will be the only voting members.
- Other members, i.e. players without limit.

4.4 MANAGEMENT

The club shall be managed by two committees:

4.4.1 EXECUTIVE COMMITTEE

The main committee shall comprise seven elected officials from each section of the Club; Men's, Women's/Girl's, Youths, Mini Soccer, Treasurer, Secretary and Chair (one of which should be Child Welfare Officer). These officials shall be elected at the annual general meeting in each year, and, subject to termination of office by resignation or otherwise, shall remain in office until their successors are elected at the annual general meeting following their election. The main committee shall have power to fill any casual vacancy that may occur. The retiring elected members of the committee shall be eligible for re-election.

4.4.2 FOOTBALL COMMITTEE

This shall consist of the seven elected officials plus two nominated representatives from each team.

4.5 SUBSCRIPTIONS

FORMAT	10 monthly payments	Per season
11-a-side	£64	£640
9-a-side	£50	£500
7-a-side	£50	£500
5-a-side	£34	£340

In addition to this sum each Family using the facilities at Eastside Sporting Trust must become members of the Trust at a monthly cost of £4 per month. Where siblings play for other Hedon Rangers teams the cost is split between the respective teams. Where a player

4 CONSTITUTION (CONT.)

also represents Skirlaugh ARLFC the cost is undertaken by them.

A total figure per month (Club Subscription + Eastside Membership fee) will be calculated and agreed with Darren Walker and that sum set up as a standing order each month for 10 months from September through to June. (unless agreed otherwise with Darren)

Refunds from Eastside for missed games or Membership cost freezes will be paid back to respective teams.

4.6 FINANCE

A bank account will be opened and operated in the name of the club. This account shall have more than one signatory which will include the Chairman and the Treasurer. All money received by the club will be paid into this account by the treasurer who will maintain up to date accounts and provide the AGM with a financial statement.

The club shall not be operated for profit with all money provided to the club used to run the club in the correct manner. Any potential (major) spends are discussed and agreed with the members.

4.7 EXPULSION

The Management Committee shall have power to expel any member who shall offend against the rules of the club or whose conduct shall in the opinion of the committee render him unfit for membership of the club.

In the case of a player member, any parent, relative or friend whose conduct shall in the opinion of the Committee be unacceptable could lead to the expulsion of the player member. Before any such member is expelled, the secretary shall give him and if appropriate his parent, relative or friend seven days' written notice to attend a meeting of the committee and shall inform him of the complaints made against him. No member shall be expelled without first having an opportunity of appearing before the committee and answering complaints made against him or his parent, relative or friend nor unless at least two-thirds of the committee then present (including at least two elected officials) vote in favor of his expulsion.

4.8 ALTERATION OF RULES

The Management Committee shall have power to alter the rules, but no such alterations shall take effect until the same has been confirmed at the annual general meeting or a special general meeting.

4.9 BYE LAWS

The Management Committee shall have power to make by-laws for regulating the conduct and affairs of the club provided the same are not inconsistent with these rules. Such by-laws shall be binding on all the members and a copy of such by-laws shall be available to all members on request within fourteen days of their approval from the secretary.

4 CONSTITUTION (CONT.)

4.10 SUB-COMMITTEES

The Management Committee shall have power to create such sub-committees, as it requires.

4.11 ANNUAL GENERAL MEETING

A general meeting of the club shall be held in every year not later than the 30th day of September to transact (if applicable) the following business:

- to receive and, if approved, to adopt a statement of the club's accounts to the end of the preceding year;
- to consider and, if approved, sanction any duly made alteration of the rules;
- to appoint the officers of the Management Committee;
- to appoint (if appropriate) an auditor or auditors;
- to make any necessary changes to the club's child protection policy.
- to make any necessary changes to the club's code of conduct practices.
- to deal with any special matter which the Management Committee desires to bring before the members and to receive suggestions from the members for consideration by the committee.

Notice convening the general meeting shall be sent to all full members not less than fourteen days before the meeting and shall specify the matters to be dealt with. A notice of the date of the general meeting shall appear in the Football Committee Minutes or such other publication as is approved (from time to time) by the committee.

4.12 EXTRAORDINARY GENERAL MEETING

An Extraordinary meeting of the committee shall be convened on written notice given by the club secretary to all full members not less than seven days before the meeting. A notice of the date of the meeting shall appear in the Management Committee Minutes or such other publication as is approved (from time to time) by the committee. The meeting shall sit:

- to consider and, if approved, sanction any duly made alteration of the rules;
- to deal with any special matter, which the committee may desire to place before itself;
- To remove any member or members of the committee from office and to fill any vacancy or vacancies caused by such removal;
- to deal with any special matter which the members requiring the meeting may desire to place before the club.

4.13 CHAIRMAN'S CASTING VOTE

At extraordinary meetings or the general meeting, the chairman shall have a casting or additional vote in the event of an equality of votes.

4 CONSTITUTION (CONT.)

4.14 VOTING

Each full member shall have one vote at committee and general meetings.

In the event of a full member serving on both the Management Committee and the Football Committee, they shall be entitled to one vote only.

In the event of an elected committee member unable to attend a committee extraordinary or general meeting that member may appoint a proxy or nominee to vote on his behalf provided reasonable notice advising the name and address of the proxy or nominee is served on the secretary before any such meeting.

4.15 NON-ATTENDANCE OF COMMITTEE MEMBERS

If a management committee member of a particular team does not attend or is not represented at a committee meeting for three consecutive meetings, then the nominated members for that particular team will be required to appear before the committee and explain their absence. The secretary shall make a full minute of any such meeting.

4.16 MANAGEMENT COMMITTEE DECISIONS

No decision or action shall be taken at the management committee meeting on any discussion of any item appearing in the category "any other business" on the committee's monthly agenda. Any such item discussed shall be included in the agenda for the next committee meeting which shall be produced by the club secretary at least seven days before that meeting.

4.17 QUORUMS

At main committee meeting five members shall constitute a quorum except for the purpose of rules 6 and 7, when seven full members shall constitute a quorum. Players and associate members may attend general and extraordinary meetings (but not main committee meetings unless specifically invited to do so by the secretary), but they shall not be entitled to vote, and they shall not be counted as part of the necessary quorum.

4.18 KIT AND EQUIPMENT

All kit and equipment will remain the property of Hedon Rangers Football Club.

4.19 DISSOLUTION

A resolution to dissolve the Club shall only be proposed at a General Meeting, and shall be carried by a majority of at least three quarters of members present. Following dissolution, the Club Members shall be responsible for the winding up of the assets and liabilities of the Club. Any surplus assets remaining after the discharge of debts and liabilities of the Club shall be transferred to a registered Charity / Charities to be chosen by the outgoing Executive Committee.



4 CONSTITUTION (CONT.)

4.20 PUBLIC LIABILITY INSURANCE

A valid and acceptable level of Insurance prior to participation must cover each team.

4.21 AFFILIATION

The Club will have affiliation to the EAST RIDING COUNTY FA for all teams taking part in any organised football league.

4.22 CLUB WELFARE OFFICER

The Club shall have an elected Child Welfare Officer, who's role shall reflect the requirements and aims set out by the FA.

5 CODE OF CONDUCT

5.1 Coaches

- Coaches must respect the rights, dignity and worth of each and every person and treat each equally within the context of the sport.
- Coaches must place the well-being and safety of each player above all other considerations, including the development of performance.
- Coaches must adhere to all guidelines laid down by FACA and the rules of the Football Association.
- Coaches must develop an appropriate working relationship with each player based on mutual trust and respect.
- Coaches must not exert undue influence to obtain personal benefit or reward.
- Coaches must encourage and guide players to accept responsibility for their own behaviour and performance.
- Coaches must always use integrity and promote fair play.

5.2 Players

- Play for the “fun of it” not just to please your parent's or coach.
- Play by the laws of the game.
- Never argue with the Referee's or assistant Referee's decisions.
- Control your temper and use your energies for playing better football.
- Play well for yourself and your team, your team's performance will benefit and so will your own.
- Be a good sport. Recognise all good play, whether by your team or by your opponent's team.
- Treat all players, as you yourself would like to be treated. Do not interfere with, or take unfair advantage of any player.
- Remember that the aims of the game are to have fun, improve your skills and feel good.
- Co-operate with your coach/manager, team mates and opponents, for without them you will not have a game.
- Learn the laws of the game and you will be a much better player.
- Promote fair play and this code of conduct

5 CODE OF CONDUCT (CONT.)

5.3 Parents/Guardians/Carers

- Do not force an unwilling child to participate in football.
- Remember children are involved in football for their enjoyment not yours.
- Encourage your child to play to the laws of the game and not to argue with Referees and other Officials.
- Teach your child that honest effort is more importance than victory so that the result of each game is accepted without undue disappointment.
- Turn losing into wining by helping your child to work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game.
- Remember that children learn best by example. Applaud good play by your team and by members of the opposition.
- Do not question the referee's judgement or honesty. Remember he/she is only human with the same feelings as you and like you, sometimes may make an honest error.
- Support all efforts to remove verbal and physical abuse from children's football.
- Never raise your child's expectations to levels they cannot achieve.
- Recognise the value and importance of coaches who are all volunteers. They give children their time and resources to provide football for your child.
- Read the laws of the game to understand better what you are looking at and commenting on.
- Promote fair play and this code of conduct.

5.4 Spectators

- Remember that children play organised sports for their own enjoyment.
- Be on your best behaviour. Do not use profane language or harass, physically or verbally abuse, players, managers, coach's referees or assistant referees.
- Applaud all good play by your own team and the other team.
- Show respect for your own team's opponents. Without them there would be no game.
- Never ridicule or scold a child for making a mistake during a game.
- Condemn the use of violence and verbal abuse.
- Do not question the referee's judgement or honesty. Remember he/she is only human with the same feelings as you and, like you, sometimes may make an honest error.
- Encourage players to play to the laws of the game.
- Read the laws of the game to understand better what you are looking at and commenting on.
- Treat all participants as equals no matter their religion or ethnicity.

6 EQUALITY POLICY

The FA Charter Standard Club Programme Equality Policy

The aim of this policy is to ensure that everyone is treated fairly and with respect and that the Hedon Rangers Association Football Club (AFC) is equally accessible to them all.

The Club is responsible for setting standards and core values throughout the club at every level. Football belongs to and should be enjoyed by, anyone who wants to participate in it.

Our commitment is to confront and eliminate discrimination whether by reason of gender, sexual orientation, marital status, race, nationality, ethnic origin, colour, religion or belief, ability or disability and to encourage equal opportunities.

This policy is fully supported by the clubs committee who are responsible for the implementation of this policy.

Hedon Rangers AFC, in all its activities will not discriminate, or in any way treat anyone less favourably on grounds of gender, sexual orientation, marital status, race, nationality, ethnic origin, colour, religion or belief, ability or disability. It means that the Club will ensure that it treats people fairly and with respect and that it will provide access and opportunities for all members of the community to take part, and enjoy, its activities.

Hedon Rangers AFC will not tolerate harassment, bullying, abuse or victimisation of an individual, which for the purposes of this policy and the actions and sanctions applicable is regarded as discrimination. This includes sexual or racially based harassment or other discriminatory behaviour, whether physical or verbal.

Hedon Rangers AFC will work to ensure that such behaviour is met with appropriate action in whatever context it occurs.

Hedon Rangers AFC is committed to taking positive action where inequalities exist and to the development of a programme of ongoing training and awareness raising event and activities in order to promote the eradication of discrimination and promote equality in football.

7 SAFEGUARDING

The FA Charter Standard - Safeguarding Children Policy

Hedon Rangers AFC acknowledges its responsibility to safeguard the welfare of every child and young person who has been entrusted to its care and is committed to working to provide a safe environment for all members. A child or young person is anyone under the age of 18 engaged in any Club football activity. We subscribe to The Football Association's Safeguarding Children - Policy and Procedures and endorse and adopt the Policy Statement contained in that document.

The key principles of The FA Safeguarding Children Policy are that:

- The child's welfare is, and must always be, the paramount consideration
- All children and young people have a right to be protected from abuse regardless of their age, gender,
- Disability, culture, language, racial origin, religious beliefs or sexual orientation
- All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately
- Working in partnership with other organisations, children and young people and their parent/carer is essential.

We acknowledge that every child or young person who plays or participates in football should be able to take part in an enjoyable and safe environment and be protected from poor practice and abuse.

Hedon Rangers AFC recognises that this is the responsibility of every adult involved in our club.

Hedon Rangers AFC has a role to play in safeguarding the welfare of all children and young people by protecting them from physical, sexual or emotional harm and from neglect or bullying. It is noted and accepted that The Football Association's Child Protection Regulation (see The FA Handbook) applies to everyone in football whether in a paid or voluntary capacity. This means whether you are a volunteer, match official, helper on club tours, football coach, club official or medical staff.

We endorse and adopt The FA's Responsible Recruitment guidelines for recruiting volunteers and we will:

- Develop a role profile
- Request identification documents
- As a minimum meet and chat with the applicant(s) and where possible conduct interviews before appointing
- Request and follow up with two references before appointing
- Require an FA CRB Unit Enhanced Disclosure where appropriate in line with FA guidelines.

All our current members who are regularly caring for, supervising, training or being in sole charge of children and young people will be required to complete a CRB Enhanced Disclosure via The FA CRB Unit. If there are concerns regarding the appropriateness of an individual who is already

7 SAFEGUARDING (CONT.)

involved or who has approached us to become part of our club, guidance will be sought from The Football Association. It is noted and accepted that The FA will consider the relevance and significance of the information obtained via The FA CRB Unit Enhanced CRB Disclosure and that all decisions will be made in the best interests of children and young people.

It is accepted that The FA aims to prevent people with a history of relevant and significant offending from having contact with children or young people and the opportunity to influence policies or practice with children or young people. This is to prevent direct sexual or physical harm to children and to minimise the risk of 'grooming' within football.

Hedon Rangers AFC supports The FA's Whistle blowing Policy. Any adult or young person with concerns about a colleague can 'whistle blow' by contacting The FA Safeguarding Team on 0844 980 8200 4787, by writing to The FA Case Manager at The Football Association, Wembley Stadium, PO Box 1966, London SW10 9EQ or alternatively by going direct to the Police, Children's Social Care or the NSPCC. Our club encourages everyone to know about this information and utilise it if necessary.

Hedon Rangers AFC has appointed a Club Welfare Officer (CWO) in line with The FA's role profile and required completion of the Safeguarding Children and Welfare Officers Workshop. The post holder will be involved with Welfare Officer training provided by The FA and/or CFA. The CWO is the first point of contact for all Club committee members regarding concerns about the welfare of any child or young person. The CWO will liaise directly with the CFA Welfare Officer and will be familiar with the procedures for referring any concerns. They will also play a proactive role in increasing awareness of Respect, poor practice and abuse amongst their Club members.

We acknowledge and endorse The FA's identification of bullying as a category of abuse. Bullying of any kind is not acceptable in our league. If bullying does occur, all players or parents/carers should be able to tell and know that incidents will be dealt with promptly. Incidents need to be reported to the CWO or alternatively, in cases of serious bullying, we may contact the CFA Welfare Officer.

Respect codes of conduct for Players, Parents/Spectators, Officials and Coaches have been implemented by our Club. In order to validate these Respect codes of conduct the Club has clear actions it will take regarding repeated or serious misconduct at Club level and acknowledges the possibility of potential sanctions which may be implemented by the CFA in more serious circumstances. All registering members will be required to adopt the Respect codes.

Reporting your concerns about the welfare of a child or young person - Safeguarding is everyone's responsibility. If you are worried about a child it is important that you report your concerns - no action is not an option.

- If you are worried about a child then you need to report your concerns to the CWO
- If the issue is one of poor practice they will either:
 - » Deal with the matter themselves or
 - » Seek advice from the CFA Welfare Officer



7 SAFEGUARDING (CONT.)

- If the concern is more serious - possible child abuse - they will, where possible, contact the CFA Welfare Officer first, then immediately contact the Police or Children's Services
- If the child needs immediate medical treatment take them to a hospital or call an ambulance and tell them this is a child protection concern. Let your CFA Welfare Officer know what action you have taken
- If at any time you are not able to contact your Club Welfare Officer or the matter is clearly serious then you can either:
 - » contact your CFA Welfare Officer directly
 - » contact the Police or Children's Social Care
 - » call the NSPCC 24 hour Helpline for advice on 0808 800 5000 or text 88858
 - » or email help@nspcc.org.uk

Mental Health and Welfare Champion:

Andy Jarvis 07854 173331
trigspur@icloud.com

The point of contact for young people at The club who may be struggling with their mental well-being. Feel free to contact anytime if you need someone to talk in confidence.

Please note: The FA's Safeguarding Children Policy and Procedures is available via www.TheFA.com/Footballsafe.

Click on the 'downloads' under Policy and Procedures. It outlines in detail what to do if you are concerned about the welfare of a child and includes flow diagrams to describe this process. This is also covered within the Safeguarding Children workshop, where participants are given the opportunity to discuss how this feels and how best they can prepare themselves to deal with such a situation.

Further advice on Safeguarding Children matters can be obtained from:

Richard Cooper
Hedon Rangers AFC Welfare Officer
07917 616825
rich@thecoopers.karoo.co.uk

Steve Lazenby
East Riding County Football Association's Welfare Officer
01482 221158
steve.lazenby@eastridingfa.com

www.TheFA.com/Footballsafe
Footballsafe@TheFA.com
The FA Safeguarding Children general enquiry line 0845 210 8080

8 NEW COACHES

8.1 QUALIFICATIONS

The club requires the minimum FA level 1 coaching badge, (including First Aid and Safeguarding Modules) for all Team Managers. The club will pay for all mandatory courses required to maintain the requirements of a chartered standard club.

8.2 DBS / CRC CHECKS

All managers, coaches and club officials involved or having regular contact with anyone under 18 who play for the youth section at the club are required to have a Disclosure and Barring Service check.

8.3 SAFEGUARDING

All Team Managers and Coaches involved with teams are required to have a valid first aid certificate and a valid child safeguarding certificate. This is required to be updated every 3 years.

8.4 BANK ACCOUNT

Each team within Hedon Rangers AFC is responsible for managing their own funds. The best and easiest way to do this is a team bank account. The link below is an example of an account intended for organisations such as non-profit organisation including sports club or society that turn over less than £50,000 a year, this account includes free daily banking.

https://www.lloydsbank.com/business/retail-business/clubs-charities-societies/products-for-clubs-charities-societies.asp?WT.ac=CCS_PRD

In the interest of protecting the account holder the bank statement should be shared with players' parents on a regular basis.

8.5 MONTHLY SUBS

Each team within Hedon Rangers is responsible for managing their own teams subs. As a new coach the easiest way to manage this is to agree a monthly amount with the parents and request they arrange a standing order for each month. This money is not for profit and shall be used to meet the needs of the children and the team. These needs and ambitions vary by team, so the amount charged is up to you and your team. The Club insists on absolute transparency with the persons paying the subs.

8.6 TRAINING

Holderness Academy,
Station Road, Preston, Hull, East Riding of Yorkshire, HU12 8UZ.

Eastside Community Sports Trust
Saltend, Hull, East Yorkshire HU12 8DX

Training can take place at any venue and the team's discretion is permitted.



9 FORMAT

	Age on 31st August	Format	Ball Size	Game Structure	Recommended Goal Size (ft)	Minimum Pitch Size (yards)	Maximum Pitch Size (yards)
U7'S	6	5v5	3	2 games of 10min halves	12 x 6	30 x 20	40 x 30
U8'S	7	5v5	3	2 games of 10min halves	12 x 6	30 x 20	40 x 30
U9'S	8	7v7	3	2 games of 15min halves	12 x 6	50 x 30	60 x 40
U10'S	9	7v7	3	2 games of 15min halves	12 x 6	50 x 30	60 x 40
U11'S	10	9v9	4	1 game of 30min halves	16 x 7	70 x 40	80 x 50
U12'S	11	9v9	4	1 game of 30min halves	16 x 7	70 x 40	80 x 50
U13'S	12	11v11	4	1 game of 35min halves	21 x 7	90 x 50	100 x 60
U14'S	13	11v11	4	1 game of 35min halves	21 x 7	90 x 50	100 x 60
U15'S	14	11v11	5	1 game of 40min halves	24 x 8	90 x 50	110 x 70
U16'S	15	11v11	5	1 game of 40min halves	24 x 8	90 x 50	110 x 70

9.1 AGE GROUPS

The league states that a child who has not reached the age of 6 years old shall not play and shall not be permitted or encouraged to play in a match of any kind. The relevant age for each player is determined by his or her age as at midnight on the 31st August on the relevant playing season.

i.e. A child who is the age of 6 at midnight on the 31st August shall be eligible to play for U7's for that season. A child who is the age of 7 at midnight on the 31st August shall be eligible to play for U8's for that season. A child who is the age of 8 at midnight on the 31st August shall be eligible to play for U9's for that season.

Notwithstanding the above, a child is permitted to play up in the age group above their chronological age group.

10 KIT

Kit for the players and supporters is ordered from:
Phil Bullen of Alpha Clothing 01482 225513 or Phil's mobile 07989 556587
email phillipbullen89@hotmail.com
A Website is in development.

Every team in the Club plays in this Kit (Sponsors vary). This enhances our Club identity and ethos and demonstrates continuity and inclusion. There is also a wide range of Macron training / leisure wear available. There is also a White away version. (colours reversed)



11 EMERGENCY ACTION PLAN

Below is a list of items required for your team on match days, tournaments and training.

Make sure you are aware of the local Hospital details close to the venue of the game.

**Hull Royal Infirmary,
Hull and East Yorkshire Hospitals NHS Trust,
Anlaby Rd, Hull, HU3 2JZ**

Make sure you are aware of the venue address. Most home games are played at -

**Eastside Community Sports Trust
Saltend, Hull, East Yorkshire HU12 8DX**

- Ensure you have your First Aid kit with you and it is equipped correctly. Familiarise yourself with the content so you are aware of the equipment and how to use it.
- Mobile phone(s) available with a List of emergency contacts should they be needed.
- List of all players current medical conditions.
- A copy of the FA Emergency aid manual.
- Each team should always have an Emergency First aid qualification must always be up to date.
- As a first aider associated with a team you should be in a location in close vicinity of the pitch.
- An ambulance should be called for as soon as it is recognised that a player has a serious injury/illness.

EMERGENCY NUMBERS 112 OR 999

11.1 DEFIBRILLATION

The defibrillator can be found at Eastside located in the wooden box near the Skirlaugh RLFC scoreboard. The padlock code to access the defib is 999 (if locked)

The defibrillator is dedicated to Daniel 'Mazza' Maston who used to played for the club for a number of years.

11 EMERGENCY ACTION PLAN (CONT.)

11.2 CONCUSSION RECOGNITION TOOL

Pocket CONCUSSION RECOGNITION TOOL™ To help identify concussion in children, youth and adults



RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness
Lying motionless on ground/Slow to get up
Unsteady on feet / Balance problems or falling over/Incoordination
Grabbing/Clutching of head
Dazed, blank or vacant look
Confused/Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck Pain
- Sensitivity to noise
- Difficulty concentrating

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3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week / game?"
- "Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so
- Do not remove helmet (if present) unless trained to do so.

from McCrory et. al, Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

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19/11



MANSWICK *nlc*

Great British Taste

