CURUFC PLAYERS' CODE OF CONDUCT

CURUFC teams are highly visible to participants in the game and supporters of it. Below are what we believe to be the minimum standards expected while you are a member of CURUFC. How you behave on the field of play is governed by the Laws of the Game but the following Standards of Behaviour are in place to provide the same expectation of discipline for off the field. These are more than suggestions; there are behaviours that we expect of you and that if contravened will be deemed a breach of the Code of Rugby, now enshrined in the RFU regulations.

The details below cover as many eventualities as possible but if something is not covered then the overarching standard is that *"You should at all times act and behave in a manner which maintains or enhances the public reputation of Cambridge University RUFC and the RFU."*

Any breach will be dealt with by the CURUFC Committee and sanctions on the offending player may be imposed.

(a) MEDICAL

You only participate in rugby sessions if you consider yourself physically and mentally capable of safely taking part, and if you have any injuries, illnesses or long-term conditions, you have sought medical advice and are not participating against this advice. CURUFC and its coaches will make reasonable adjustments to remove barriers that prevent disabled people from taking part (Equality Act 2010). You have honestly and openly completed the medical information section of the registration form, including any head injuries or accidents resulting in unconsciousness that you have had within the past six months. You will inform the coach in charge at each session of any medical condition, injury or medication that may in any way affect your ability to participate in the sport. You give consent that in the event of illness or accident during a session, any necessary treatment can be administered. If surgery is necessary this may include the use of anaesthetics. The club reserves the right to request further information/medical approval to ensure that participation would not cause adverse effects on the participant's health.

(b) STANDARDS OF BEHAVIOUR

1. At all times adhere to the Core Values of the game – Teamwork, Respect, Enjoyment, Discipline and Sportsmanship – both on and off the field
2. Follow the Alcohol and Drugs Policy and General Code of Conduct
3. Accept responsibility to manage and to fulfil academic and degree commitments at all times
4. Do not talk to the media or other reporters of any kind without first involving the nominated media relations contact for CURUFC
5. Do not post messages or written comments on any social networking or public website which may be considered in any way detrimental to teammates, management, CURUFC and the RFU

(c) MATCH DAY

1. Never quit on each other: the team suffers together, triumphs together, and shares success
2. Match day is the highlight of the week: all preparation, both physical and mental, should be geared towards arriving in the best possible shape
3. White Line Mentality: as soon as we cross the line, we are serious about performance
4. Wear appropriate kit
5. Respect referees and show gratitude to those who come and support the club

(d) TRAINING

1. Cooperate fully with the coaches to ensure that we are as successful on the field as we can be and make sure to push yourself at all times in order to develop as a rugby player
2. Create a constructive and supportive environment and pay respect to the coach, captain or whoever is speaking by listening
3. Punctuality: be ready to start at the time specified, no excuses
4. Be honest about injury and rehab: injury is not time off; work harder than those who are fit and support them
5. Treat the playing and training kit supplied with respect and follow all instructions in terms of what to wear when playing and training

(e) OFF FIELD

1. Clean up after yourself and strive to be good members and supporters of the club off the field
2. Wear the appropriate dress at each social engagement as stipulated by the Captain or club and stay behind for an hour after each game to socialise with teammates and supporters
3. Make younger and new members welcome
4. Endeavour to support other CURUFC teams and when watching fixtures be punctual and proactive in your support
5. Be a visible presence in college rugby and help the college teams where possible

(f) GYM USE AND MEMBERSHIP

We want to make sure all members who use our facilities respect our equipment and each other. This is an unstaffed gym and we trust our members will act respectfully, take into account Health and Safety regulations, and use their best judgment while using the facility.

1. The comber gym is not to be used when there is a match on and the Comber Stand is in use
2. No player is allowed to train alone in the gym
3. All users of the gym must be members of CURUFC who have had a formal induction
4. Respect the designated opening and closing times for the gym (7am-8pm, Mon-Sun)
5. Keep the gym clean and return all weights to correct place after use

(g) PLAYER PAYMENTS

Players pay a subscription to be part of CURUFC, after which they pay a contribution towards the extra costs incurred by a particular squad, e.g. pre-season accommodation, Varsity Match Tour, Club Dinner.

Subscriptions are paid at the start of the season. It is expected that players pay their debts promptly. Non-payment of debts can result in suspension from the club as well as being reported to your College. If any player has a particular difficulty paying debts then they should contact Scott Annett (scott.annett@curufc.com) in confidence.

(h) GROUND USE

1. Remember when you arrive at Grange Road to walk from the entrance with your bike as this is a busy car park that is constantly in use.
2. Whilst on site your personal belongings are your own responsibility. The changing room doors should be locked at all times and any valuables should be left in them whilst training or playing.
3. Cars are not to be parked in the Grange Road car park at any time unless under prior arrangement with the office.
4. No items that belong to the club are to be removed from the premises unless there is a specific reason and an agreement has been made with a member of staff.

(i) ANTI DOPING

Members of the Club must adhere to the requirements of the World Anti-Doping Agency (WADA) code. Please note that Team Members could potentially be subject to random testing during competitions, particularly those at competing at National Level and above. Club Members caught with banned substances in their system will be subject to disciplinary proceedings.

(j) SOCIAL EVENTS

Social functions form an important part of a club's activities. CURUFC is committed to ensuring that all students are able and encouraged to participate in student activities in an atmosphere free from discrimination or fear. As such, CURUFC will aim to organise a range of social events that are as inclusive as possible. Members should be aware that:-

1. Participation in any form of social activity is completely optional.
2. They must not force others to participate in initiations and/or other social and sporting events run by CURUFC.
3. Members must be made aware that they can opt-out of social activities without fear of undue pressure, reprisal or any other form of discrimination at any point.