

April Newsletter

Registering as a Club Welfare Officer - Mandatory Requirements

All clubs have been notified that the CWO MUST be registered by the end of April. If clubs have not done this by this date, then they may be in the position of not having games allocated to the club teams. Whether you have been a CWO previously or are new, you must register your role by the end of April. You can do so by following this link:

http://www.rugby-league.com/get_involved/leaguenet_support/volunteer_registration



Facebook page for Club Welfare Officers

Thanks to Kelly Bilaszewski and Paul Harrison for agreeing to set this up. The page is called

Rugby League Child Welfare Group 2019

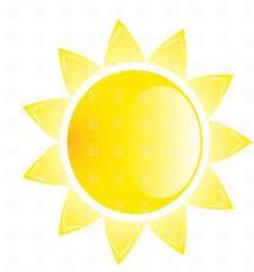
please join asap, I will be sending a message to all members to let you know about a new campaign by the CPSU which I am sure everyone will want to engage with.

Request for Newsletter content

It would be great if CWOs offered to contribute to the newsletter. If you feel that you would like to share ideas that you have tried that have worked (or even advice on ones that didn't work!), other CWOs would find this very useful. If you do not wish to write it yourself, you can ring me, and I will write it up for you and it can even be anonymous if you would prefer. Maybe you would like to do a piece on your Listening Sessions? As you will know if you attended the conference, some responses from children and young people are inspirational, or just funny! I will happily assist you in doing this. Maybe this could be a talking point on your Facebook group?

Dressing Room Policy

We have received many questions of late about parents assisting their children in the changing room. It is important that all children feel comfortable and safe within the changing room and this cannot be achieved when some parents insist on being with their children and helping them. With younger children, they may need assistance with laces etc and there should designated volunteers who assist with this if necessary. These volunteers will need to hold a valid RFL enhanced DBS. You can download a copy of the Dressing Room Policy by clicking here https://secure.rugby-league.com/ign_docs/Dressing%20Room%20Poster.pdf



Training and playing rugby league in summer

Sun protection tips for players:

It is important to use sunscreen whilst playing rugby league or training in summer months.

Beyond just offering protection from the sun's rays, sunscreen can also help prevent overheating. When it is not used or reapplied enough, the resulting sunburn can interfere with the skin's natural ability to perspire. The ideal situation for athletes, then, is to use a sunscreen that doesn't clog the pores but protects against broad spectrum UVA and UVB rays.

The sun's rays are most powerful and can harm your skin particularly from 11 am to 4 pm. Try to schedule training sessions before 11 am or after 4 pm if possible - especially for children.

A broad spectrum, SPF 15 or higher Sunscreen should be applied 15 to 30 minutes before playing or training. Reapply sunscreen to exposed sites 15 to 30 minutes after sun exposure begins and then every two hours, especially after vigorous activity or sweating. Choose a waterproof or sweat proof sunscreen. Some "sport" sunscreens are now available and work well.

Coaches should ensure that players are encouraged to stand in shaded areas before games and half time and players should be offered water and given time to drink regularly during hot weather. Training should be planned to accommodate more breaks for drinking water and resting if required.

A good website with further information can be found by following this link

<https://oksunsafetycode.com/>

Website Audit reminder

The Child Protection in Sport Unit (CPSU) will be conducting an audit on sport websites. They will be checking to see if the CWO details are easily accessible. It is important to have your details on the website so that parents or young people can contact you confidentially. If you do not have a website and use Facebook, please make sure that your contact details are easy to find.

Additional Vulnerability – Injured Players

We know that children and young people play sport (especially a team sport such as rugby league) to socialise with friends. Some young people tell us that this is the most important reason to play. When a player is injured and cannot play they can quickly feel isolated from their social group and this may affect their mental wellbeing and hinder recovery. It is vital to keep in contact with the family to check on them and see how the club and team mates can help the player still feel part of the team and not worry over losing their position or friendships. You can find more information by clicking here

https://secure.rugbyleague.com/ign_docs/Safeguarding%20and%20Injured%20Players.pdf

Our New #ListenToAnger Campaign – Young Minds.

This is taken from the Young Minds website:

Anger is an emotion we all experience. It's okay and perfectly normal to feel angry. But sometimes, anger can start to become a problem; you might find yourself getting angry a lot but not really know why or express your anger through destructive behaviour. Anger can often be a sign that there are things going on in our life we need help with

That's why, along with our Activists and Facebook, we've launched a new social media campaign with videos, blogs and tips about how to #ListenToAnger It's important we don't ignore our anger, but take the time to reflect on why we might be angry, because looking for the cause of our anger is the best way to start making sense of it

You will find useful information for young people on their website. If you feel that a young person has anger issues this may be a good starting point.

<https://mailchi.mp/youngminds.org.uk/aprilnews>

For help for parents dealing with children with anger issues, advice and guidance can be found here

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>

Listening Club feedback

Can you please make sure that you send in your findings from your Listening sessions? I would expect that all clubs will have completed at least one session and provided feedback to the groups. When you send in your findings could you please send in some photos of the sessions as well.

If you need any help with setting these up, please contact Colette.eden@rfl.uk.com

Youth Committee

The RFL encourages clubs to have a Youth Committee to allow children to have a regular say on how the club is run. Does your club have a Youth Committee? If so please let me know.

Privacy settings for social media.

It is important for children's online safety to understand about privacy settings on their social media accounts. Cyber bullying is made harder by using social media safely. Having their accounts as 'private' will also ensure that they do not share inappropriate comments about other teams etc. When young people post inappropriate comments, it is a reflection on the club as well. You can find useful information on protecting children online and information on cyber bullying here

<https://cyberbullying.org/smart-social-networking>

You can find the RFL Good Practice Guidelines for Social Media here

https://www.rugby-league.com/the_rfl/child_player_welfare/safeguarding_children/documents

Dates for your diary

Parents in Sport Week

7 - 13 October 2019

IN SUPPORT OF
THE POSITIVE PARENTS PROMISE

This annual national campaign looks to increase positive parental involvement in youth sport and, by doing so, improve the experiences of young people across the UK.

This year's aim is to get parents to make The Positive Parents Promise to encourage their child's safe enjoyment of sport.

The Promise, which will launch on 1 May, will outline what makes a great sports parent. We'll be asking parents to sign up and make the promise to their child by the end of Parents in Sport Week 2019.

Making this promise allows parents to acknowledge the contribution they make to their child's enjoyment of sport, and allows clubs, coaches and other sports organisations to really get parents on board and take an interest in their child's sporting life.

The promise will be supported by important and helpful information parents need to help keep their child safe in sport and support them in the best way they can.



November 11th to the 15th

Anti-Bullying Week takes place in England from November 11th to the 15th. This nationwide event is organised by the Anti-Bullying Alliance and is intended to raise awareness of the issue of bullying

among children, especially in schools. Children of all ages as well as parents and children are encouraged to get involved in the event and take part in activities that will help to shine a light on the problem of bullying and ways to help resolve the issue.

Parents, carers and teachers will also be asked to play an active role in preventing bullying, with the main focus this time around is demonstrating different ways to support young people and provide an open platform for them to talk about any issues they have with bullying. The main role that carers can provide is creating a safe environment where young people can feel like they are able to talk about their feelings and problems and will receive support.