

Players Handbook 2021 – 2022

DURFC WEEK 2021-22 – TERM 1 (starting 27th September 2020)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	PERFORMANCE S & C 7 - 10 DEVS S & C 12-1 time Please be warmed up ready		STRAPPING 8-9 AM		PERFORMANCE S & C 7 - 10 DEVS S & C 12-1 time Please be warmed up ready	S & C 9-12 AM RUGBY 3G1/2 9 AM – 10 AM	
PM	RUGBY TRAINING 3G1 – 5-7 PM PERFORMANCE 3G2 - 5 to 7 PM DEVS		BUCS SUPER RUGBY FIXTURE OTHERS TRAINING 3G1/2 6-8 PM		RUGBY TRAINING 3G1 – 5-7 PM PERFORMANCE 3G2 - 5 to 7 PM DEVS		
EVE	PHYSIO 3 - 4pm 7 - 830pm			PHYSIO 6:30 – 8:30pm 5-7 FLUSH	PHYSIO 3:30PM – 5PM		

CLUB OFFICERS 2021-22

Head of Rugby	Alex Keay	alex.keay@durham.ac.uk	07507 649501
1 st XV Captain	Fred Davies	cwpg86@durham.ac.uk	07958054060
Club Captain	Rhys Belcher	fpdw96@durham.ac.uk	07826784545
Vice Club Captain	Jacob Head	gwxn83@durham.ac.uk	07812062883
Vice Club Captain	Will Kollard	fndk65@durham.ac.uk	07725833834
Treasurer	Will Pritchard	ndtm65@durham.ac.uk	07858786280
Vice Treasurer	Ollie Ferris	Jsfd74@durham.ac.uk	07491550006
Sponsorship	Nick Jonas	Lswm25@durham.ac.uk	07742241818
Sponsorship	Zak Sennet	pssc55@durham.ac.uk	07495733460
Alumni Officer	Jamie Adamson	hxcx57@durham.ac.uk	07532070971
Alumni Officer	Jack Hill	Qsdr25@durham.ac.uk	07772276091
Kit Officer	Ben Richardson	xspv85@durham.ac.uk	07538005379
Community Officer	Efan Morris	ljmr63@durham.ac.uk	07975589267
Community Officer	Ollie Strudwick	pknv64@durham.ac.uk	07584414052
Fixture Secretary	Sol Hyde	pnwz89@durham.ac.uk	07585167887
Match Day Logistics	Sam Harris	sam.harris@durham.ac.uk	07470636469
Media Officers	Charlie Hellier	glxs64@durham.ac.uk	07795905854
Media Officers	Gus Lovatt	czfx74@durham.ac.uk	07747784427
Media Officers	Sammy Smith	pgcj28@durham.ac.uk	07597045641
Social Secretaries	Tom Fitzgerald	nzjp87@durham.ac.uk	07850111855
Social Secretaries	Will Swann	Qwss79@durham.ac.uk	07845755022
Tour Secretary	Brayden Barrett	mglb46@durham.ac.uk	07508970895
Tour Secretary	Will Nicholson	ifsv57@durham.ac.uk	07983288945
Tour Secretary	Harry Ledger	fgxk67@durham.ac.uk	07555402125
Leadership Group	Oli Ward	gtcb62@durham.ac.uk	07852313321
Leadership Group	Harry Craven	nnwd82@durham.ac.uk	07470239644

Address for all Club Officers: C/O Rugby Office , Durham University Rugby Union Football Club , The Graham Sports Centre at Maiden Castle
University of Durham , Durham DH1 3SE Reception: (0191) 334 2178

CLUB WEBSITE www.durhamunirugby.com

CAPTAINS

CLUB

Rhys Belcher

1st XV

Fred Davies

VC

TBC

2nd XV

TBC

3rd XV

TBC

5th XV

TBC

Freshers / 4th XV

TBC

PLAYER SUPPORT

PRESIDENT

1st XV TEAM MANAGER

2nd XV TEAM MANAGER

PHYSIO

PERFORMANCE ANALYSIS / TPA

S & C / SPORTS SCIENCE/ NUTRITION / HYDRATION

Steven Colwell

Stuart Darby

TBC

Paul Miller

TBC

Jamie Knight / Cameron Henderson

COACHES

Head of Rugby /1st XV

2nd XV

Elite and 1st/2nd XV Coaches

Development Teams Coordinator

3rd XV

4th XV

Freshers / 5th XV

Alex Keay

Steve Jones

Gareth Nesbit / Andy Dickinson / Tom Catterick/ Si Culley

Paul Baty

Paul Baty / Paul McGoay

Mick Woodley

Jeff Lamb / Paul Brookes

COACH RESPONSIBILITIES

Attack

Defence

Starter Plays /Backs/Kicking Strategy

Scrum

Line Out

Restarts

* Core Skills IC

* Handling

* Running

* Contact

* Kicking

* Attack Breakdown

* Defence Breakdown

7s

Leadership Group

Mentoring

ELITE LEAD

Alex Keay

Gareth Nesbit

Tom Catterick

Gareth Nesbit

Alex Keay

Andy Dickinson

Si Culley

Tom Catterick

Andy Dickinson

Gareth Nesbit

Tom Catterick

Si Culley

Gareth Nesbit

Tom Catterick

Andy Dickinson

Andy Dickinson

ASSIST

Tom Catterick

Andy Dickinson

Andy Dickinson

Alex Keay

Gareth Nesbit

Gareth Nesbit

Tom Catterick

Andy Dickinson

Tom Catterick

Tom Catterick

Andy Dickinson

Tom Catterick

Tom Catterick

Alex Keay

Gareth Nesbit

DEVS

Paul McGoay/ Jeff Lamb

Paul Baty / Mick Woodley

Paul McGoay/ Jeff Lamb

Paul Baty / Mick Woodley

Paul Baty / Mick Woodley

Paul McGoay/Mick Woodley

Jeff Lamb

Paul McGoay/ Jeff Lamb

Paul McGoay/ Jeff Lamb

Paul Baty / Mick Woodley

Paul McGoay/ Jeff Lamb

Paul McGoay/ Jeff Lamb

Paul Baty / Mick Woodley

CONTACTS

Steve Colwell

Alex Keay

Gareth Nesbit

Andy Dickinson

Tom Catterick

Paul Baty

Paul McGoay

Mick Woodley

Jeff Lamb

Jamie Knight

Cameron Henderson

Stuart Darby

Paul Miller

James Mullins

Simon Culley

Graeme Foreman

Steve Jones

07813 697094

07507 649501

07968 064766

07860 507789

07970 393453

07876 440135

07534 421727

07947 309444

07854 692850

07712 565276

07752 828215

07730 482250

07880 786422

07557 229675

07305 589966

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siculley@yahoo.com

info@gfinternationalsolutions.com

DURHAM UNIVERSITY RUGBY CLUB (1875) PRE SEASON TRAINING INFORMATION 2021-22

Welcome to all Freshers players, returning players, and other players invited to pre-season 2021-2022

WEBSITE–All training & match details will be on the website: www.durhamunirugby.com

- Please regularly check website for updates / amendments.

Please contact Jamie Knight our Head of Rugby S&C for a fitness programme for off and pre-season to follow-this will guide you into coming back in the BEST shape you can.

EMAIL: jamie.m.knight@durham.ac.uk MOBILE : 07712 565276

DURFC AIM – TO BE WORLD CLASS AT EFFORT

Captains and Social Committee will organize evening / weekend team bonding and building activities

What you will need:

- ◆ Gum-shield and plenty of appropriate playing kit (5 sets min) and boots X2 (studs and 3G)
- ◆ Rugby Shirt for ALL rugby sessions
- ◆ Water Bottles – YOUR OWN!!! - at ALL Sessions please
- ◆ Protein Shaker Bottle
- ◆ Plenty of food and water (and a rubbish bag) for lunch (SORRY THERE ARE NO FREE LUNCHES)
- ◆ Strapping or anything else you need for injuries/lifters etc
- ◆ *LINE-OUT LIFTING BLOCKS – ALL PLAYERS EXPECTING TO BE LIFTED AT LINE-OUT*

We believe back-to-back success can be achieved if you aim for the same "togetherness" and we can depend on you to become the GOLD STANDARD PLAYER that you can be.

GOLD STANDARD PLAYERS- what are they?

Team Driven - work hard with a no excuse / moan mentality, and a huge desire to listen learn and stay humble, with rarely a social or a study problem

OUR VALUES AND CULTURE are on the Club website along with a Players Handbook. We expect all players, coaches and staff at Durham University Rugby Club to be fully acquainted with these and to make a full commitment and "Buy In" to these to make the most of your rugby at Durham University

FAILING TO PREPARE IS PREPARING TO FAIL

If you have any concerns / queries please do not hesitate to contact me – we look forward to seeing you in September

ALEX KEAY - HEAD OF RUGBY - DURHAM UNIVERSITY (DURFC 1875)

Tel: 0191 334 4731 Mob: 07507 649501 e-mail: alex.keay@durham.ac.uk

website: www.durhamunirugby.com

BUCS Champions : 51, 55 , 65 , 69 , 81 , 82 , 83 , 87 , 04 , 11 , 13 , 20

BUCS 7s Champions : 74, 75, 11, 12, 18

EXCELLENCE IS NORMAL

PLAYER INFORMATION & SUPPORT

TRAINING

All training sessions take place on the 3G Rubber Crumb unless stated differently. Please check on the club web site online at www.durhamunirugby.com and the Player's Page as to whether the venue is to be changed.

Please wear rugby shirts, bring boots and gumshield and bring a FILLED water bottle. Line Out jumpers should have support pads

NB - All players should inform the Head of Rugby - Alex Keay by phone 07507 649501 or email: alex.keay@durham.ac.uk at the EARLIEST opportunity if you are unable to make training - **INJURED PLAYERS ARE EXPECTED TO ATTEND ALL TRAINING**

PRE-SEASONS

Next term Pre-Season is from 3rd – 7th January 2022

7s Pre Season is in Summer term – dates 19th- 23rd April 2022

S and C / FITNESS

'NO ONE EVER WINS ANYTHING WITHOUT THE HARD YARDS BEING DONE'

Strength And Conditioning times are on the Rugby week for the elite and development Squads **These sessions are COMPULSORY for ALL DURFC PLAYERS.** All players must contact Alex Keay and Jamie Knight if you cannot attend

Elite Players must contact Jamie Knight on 07712565276 or email jamie.m.knight@durham.ac.uk to arrange their times for Monday / Friday sessions.

It helps to have a training partner - use the contact list to find a training buddy. Please bring your SHAKER and WATER BOTTLE as well as a NOTEBOOK. Fitness Testing will be done each term to help you set targets

FASTER + STRONGER + SMARTER = BETTER!!!!!!!

PHYSIO / MEDICAL

***PLEASE REPORT ANY INJURY IMMEDIATELY TO THE HEAD OF RUGBY**

There will be a physio present at all First XV games and all 2nd XV Home games. This physio will be available for pre-game taping and for pitch side support.

PHYSIO - All at Maiden Castle

Monday PHYSIO 3pm – 4pm - FOR FIT for WEDNESDAY PLAYERS / 7pm - 830pm ONGOING TREATMENT PLAYERS

Thursday PHYSIO 6pm - 730pm ALL TEAMS

Friday PHYSIO 3pm-4pm ALL TEAMS

STRAPPING (ALL teams below 1stXV) Wednesday 8am - 9am. TBC

Rugby Physio Clinics and Strapping / Massage sessions can be booked only through Alex Keay - Head of Rugby by email only to alex.keay@durham.ac.uk. If urgently required, additional bookings may be available. Please contact Alex if you need urgent attention. Appointments for Physio that are missed will result in a £20 fine and possibly no further availability to Physio. Please only use the Physio bookings if urgently required and NOT for a rub down.

In Pre-Season we will endeavour to do baseline concussion tests on ALL players. Serious injuries may be referred to the Team Durham Doctor, Dr Dougal Southward. Again, anyone wishing to see the doctor must book this through Paul Miller or Alex Keay, who will liaise with Team Durham staff. There is again a form which needs to be completed prior to the session.

REST and RECOVERY - please make sure you do a Flush session on your own on Thursdays / After Games and make sure you are getting plenty of rest and sleep.

TACKLING CONCUSSION IN RUGBY - At DURFC we are very conscious of the health and safety risks that come with playing a consistently high level of rugby, particularly those that can cause problems in later life, post rugby playing career. Hence, we would like to promote the completion of this concussion course on the RFU Website to help raise awareness, increase understanding of concussions and help prevent and manage the effects.

<https://www.englandrugby.com/.../player-.../concussion-headcase/>

PERFORMANCE ANALYSIS/ FEEDBACK

All 1st XV games are recorded and other club home games are also covered. We will endeavour to get them on TPA and the Players pages within 48 hours of the games. In addition, ALL GPS information will also be available.

Friday afternoons are free between 2pm and 5pm for you to book in to discuss your performance and complete your analysis and skills profile. A Player Profile form will be negotiated with the Head of Rugby.

NUTRITION and CATERING / HYDRATION

It may be possible to get extra protein portions in college - this is only available to Elite squad members - please arrange with Alex Keay - Head of Rugby by email: alex.keay@durham.ac.uk or call 07507 649501.

Please make sure you have your shaker at all Gym sessions. For further nutrition and hydration information please refer to the CLUB S&C manual on PLAYERS PAGE - **MAKE SURE YOU HAVE HYDRATION FOR ALL SESSIONS**

SPORTS PSYCHOLOGY

All players can book a 30 min session through A. Keay - **Friday afternoons are between 3pm and 5pm.**

COMMUNICATION-AVAILABILITY PROTOCOL - MATCHES / TRAINING

Good communication within the club is vital. It is the Players responsibility to inform the Head of Rugby (First!!) then Captains/Coaches of any reasons why they cannot attend training/matches/meetings.

Please do NOT pass on a message - If this is done it will be looked on negatively.

WE will always endeavour to keep players well informed, and informed early. This includes notification about selection, training times, training locations, meet times etc. This will all be up as early as possible.

The main forum will be with the DURFC website

Any emails sent out by Captains or Coaches should be responded to ASAP. In return Captains and Coaches will endeavour to respond to players ASAP.

Also please confirm any changes and updates in your email / mobile details ASAP to Alex Keay - Head of Rugby by email: alex.keay@durham.ac.uk or call 07507 649501.

TALK TO US – KEEP US IN THE PICTURE PLEASE

MATCH DAYS

All players, including the injured players are expected to help the Club on Match Days providing support for your teammates and the Captains and Coaches.

FIXTURES

These are available on the club website online at www.durhamunirugby.com. The season runs from October to April/Mid May and Cover / Cup weeks are not free, they are likely to be used for rearranged or postponed matches - please make sure you commit to the club and are available for all games.

AVAILABILITY PROTOCOL – MATCHES / TRAINING

All players should inform the Head of Rugby – Alex Keay by phone 07507 649501 or email : alex.keay@durham.ac.uk at the EARLIEST opportunity. Plans are made in advance for training and matches - so the earlier you know the better

Ideally you should also contact your coach and captain if you can – but the Head of Rugby is your first point of contact

If you play for 4s you may not play College rugby

If you play 5s provided you have not played 3 games or more you may play College rugby

SELECTION

Selections and amendments will be posted on the **PLAYERS PAGE** of the club site - please check the website regularly at www.durhamunirugby.com

Selection will be between the Captains and Coaches and based on the following criteria:

- ✓ Fitness
- ✓ Form
- ✓ Attitude
- ✓ Attendance
- ✓ Ability – Game Sense / Skill Sets / Physicality
- ✓ Performances

The final decisions will be made by the Head of Rugby and if you wish to discuss your selection please communicate direct to the Head of Rugby.

7's

Durham University Rugby Football Club have been appointed by the RFU as an ELITE University Centre of Excellence for 7s (one of only 4 in the country). As a result, there is now a player pathway direct to England 7s teams and a number of players from DURFC have been recently included in England development 7s squads.

We pride ourselves on our 7s history and records – all players are expected to be available for all games / training / tournaments where required.

CAR PARKING

Please sign in at Maiden Castle for passes to MC / Racecourse and DC

MEMBERSHIP

All players are expected to pay the MEMBERSHIP subscription on time.

Subs are £180 + TBC for preseason costs TBC until end of October / They will be £200 from the 1st November.

ALL PLAYERS MUST COMPLETE MEDICAL DECLARATION AND DATABASE REGISTRATION FORM ATTACHED ASAP AND RETURN BY EMAIL TO ALEX KEAY - HEAD OF RUGBY

INSURANCE

All DURFC players are covered under the Marsh personal injury policy through the RFU details are as follows :

<http://www.englandrugby.com/governance/insurance> All players are strongly advised to consider private insurance. Basic RFU insurance covers permanent disability only. Athletic Union insurance does provide additional cover, but personal policies will provide more comprehensive surety. Details of the TEAM DURHAM cover can be found at

[:https://.teamdurham.com/universitysport/healthandsafety](https://.teamdurham.com/universitysport/healthandsafety)

ACADEMIC CONCESSIONS

ACADEMICS - TIME MANAGEMENT – CONCESSIONS for Students with Sporting Engagements

Please note that the way in which Sporting Concessions are dealt with has been changed and the new procedure will be in place from the start of term. The form, once Part A has been completed by the student, needs to be signed by Mark Brian-Director of Sport, BEFORE it goes to the student's department for approval (as opposed to the other way around which has been the case in the past). It is hoped that this new approach will work in our favour as it improves our ability to track the forms and be able to negotiate with departments early in the process and also we can prevent "inappropriate" requests being made to departments, thereby improving our relationship with them. The new form and procedure is posted on the Team Durham website - [Team Durham : University Sport - Durham University](#)

MENTORING

The Club take pride in supporting their players manage the Academic, Sporting and Personal commitments and offer continual support and help during a students time at Durham University and with DURFC - PROBLEMS - If you are experiencing any problems throughout the year, whether they are academic / sporting or just settling into University life then we WANT to know. As part of DURFC you will always receive the support you need from us and we want you to understand that our door is always open for you to talk to us about problems. We can maintain confidentiality if that's what you want. Please tell our Head of Rugby, Alex Keay: 07507 649501 or Dan Blackman Club Captain - They will always be happy to chat about any problems you have during your time at University. We want to make sure you have a great time as a part of DURFC and only ask that in return you give everything you have when you represent the club on whatever stage that may be.

Your three main priorities at University are :-

1 ACADEMIC

2 RUGBY

3 SOCIAL - If you get organized you will enjoy ALL three to the fullest.

IT IS IMPORTANT THAT CLUB MEMBERS RECOGNISE THE PRIMACY OF ACADEMIC STUDY

Please see the players page on the club website www.durhamunirugby.com for information on the following

- SELECTION
- FIXTURES / 7s
- TRAINING /PRE-SEASONS
- S & C / FITNESS
- PHYSIO and MEDICAL
- FEEDBACK and PERFORMANCE ANALYSIS
- NUTRITION /HYDRATION and CATERING
- KIT AND DRESS CODE
- MEMBERSHIP
- INSURANCE
- ACADEMICS - TIME MANAGEMENT - CONCESSIONS – MENTORING - PROBLEMS
- CLUB WEEK
- REGISTRATION & HEALTH DECLARATION FORM
- CODE of CONDUCT / CULTURE & VALUES

CODE of CONDUCT / CLUB CULTURE

CODE OF CONDUCT

The maintenance of the University's proud rugby tradition necessitates that today's members respect the endeavors of earlier generations and aim to enhance that reputation and protect it for the future.

The Club mission is to provide opportunities and facilities for all Durham students to play Rugby Union at the best level they can and that is successful, challenging and enjoyable to all those participating.

We will be looking for players who will go the extra yard in terms of team spirit, commitment, attitude and sacrifice.

RESPECT THE CLUB - RESPECT YOURSELVES

TIMEKEEPING

Being late is unacceptable - it is ignorant and shows a lack of respect for your teammates and staff and will not be tolerated. On match days try to be a little early.

SOCIAL MEDIA

Individuals need to understand that they are personally responsible and liable for their comments and postings. At all times you should exercise discretion and be respectful of other players, teams, officials, organisations and brands. What you regard as "banter" could be regarded as embarrassing or hurtful by a wider audience and bring the game into disrepute.

In short, follow the general guidelines above and:

Don't comment if you have any concerns about the consequences

Don't link to unsuitable content

Don't get into disputes with audience

Don't share or elicit personal detail

But:

Do show your personality and be approachable

Do share your achievements

Do let people know what it is like to be a player/official

Do post regular comments to grow and engage with an audience

10 THINGS THAT REQUIRE ZERO TALENT

- ✓ BEING ON TIME
- ✓ WORK ETHIC
- ✓ EFFORT
- ✓ BODY LANGUAGE
- ✓ ENERGY
- ✓ ATTITUDE
- ✓ PASSION
- ✓ BEING COACHABLE
- ✓ DOING EXTRA
- ✓ 10. BEING PREPARED

Great Players:

- *Prepare before practice*
- *Work as hard as possible during practice*
- *Practice more after practice*
- *Recover smart*
- *Repeat*
- *Be brilliant at all non- ability phases*
- *Take NO shortcuts*
- *Put team above themselves*

**NOT WHAT YOUR TEAMMATES SEE YOU DO
- ITS WHAT THEY DON'T SEE YOU DO**

DURFC CULTURE VALUES AND PROCESS

Our Vision

- To be the most hardworking, humble, resilient and reliable team in the history of Durham University Rugby Club we will.....
- Live these values daily and outwardly express them through our actions in ALL aspects of DURFC.
- Uphold our own personal standards and commitment to these values, as well as those of our teammates, coaches and all other personnel in DURFC.
- Embrace the expectation of high standards, strive to better them daily and challenge each other to do the same in a positive respectful fashion.
- Be accountable, and critical of ourselves and each other with brutal honesty but in a caring positive manner.
- Work relentlessly in pursuit of our ambitions on the field and in building our relationships, fun and experience off the field.
- Create a selfless accountable culture that is sustainable past any one person by helping to create and develop successors.
- Create an inclusive learning/social environment where everyone is equal.
- Base our success on fulfilling our potential as individuals and becoming the best possible version of ourselves by concentrating on what we are and not what we want.

Our Values

- Sustainability – Ensure the culture we create will outlast us as individuals by promoting it to all around us, especially those that will ultimately take our place, in order to ensure that they, in turn, will have the mindset the skill set and the knowledge to do the same.
- Reliability – Know your role and do your job. Understand the importance of trust, trust that the guy next to you will do his job and be reliable enough to be trusted by your team that you will do your job. Ensure we are on time in the right place with the right kit, to every training session, meeting and game.
- Relentless – Never be completely satisfied. We must always be looking for improvement in some aspect, regardless of how well we are doing. Drive our personal standards and those of the people around us. Everything can be done better. Forget anything that won't help us achieve our vision.
- Honest & Positive – Be honest with ourselves and our teammates, analyse your performance, critique your performance, improve your performance. Bring energy and positivity to everything we do. Be acutely aware that these traits are infectious and spread, know there is no middle ground you are either helping the process or you are not. Remember that in everything you do.
- Caring, Fun & Experience – Be caring, be supportive, encourage everyone, ensure we are all social equals. Find time to enhance our fun, experience and relationships, both on and off the field.
- Resilient – Have the toughness of mind and body to support our relentless approach. Be the fittest you can be to give yourself and your teammates the best possible chance of doing your job and assisting with theirs. Above all else be composed when we hit a bump in the road, when we lose a game, when we concede a try or when a decision goes against us. Know your role do your job and work harder.
- Disciplined – Live the values daily in everything we do. Master the basics of your role and in order to support that make peace with the fact that every time you make decisions you are helping your chances to fulfil our vision or you are not helping it. *On the pitch in terms of the laws, in the gym in terms of your effort, at home in terms of diet and nutrition.*
- Humble - Think in terms of the team, show the right attitude. Uphold a 'no ego's' culture and eradicate any sense of entitlement. Be more interested in who we are than what we want. Appreciate the work of those around you and what chances that brings for you as an individual accept that the team is more important than anything else and everything else.
- Ambitious - As individuals and as a team set your aims high, and accept must have the work ethic to support them. There is nothing you can't achieve if you're willing to work hard enough.
- Communication & Support - Support each other to uphold these values and achieve our ambitions communicate with each other in keeping with these values and communicate often be direct clear and to the point.
- Selfless – *Think in terms of the team the vision and the values, show the right attitude.* Uphold a 'no ego's' culture and eradicate any sense of entitlement, and handle any disappointments you face.
- Receptive – Be willing to learn, be coachable, be open minded to new ways and to finding better ways.
- Responsive – Learn from mistakes, identify errors, practice the improvements required and commit to not allowing the same mistake again.
- Professional – Be professional in our approach to all aspects of our program. Accountability to our training standards which will eradicate the fear of failure through preparation. Be organised on time and have good communication if there are any problems or issues that might impinge your performance or attendance. Handle any disappointment you face as an individual or as a team in a professional manner.
- Respectful – Respect the process, the values and the vision. Respect your role and the roles of those around and be respectful in all aspects of our relationships with all members of our group.

DURFC CULTURE VALUES AND PROCESS





Maiden Castle
Physiotherapy

North Tees and Hartlepool **NHS**
NHS Foundation Trust

DURFC REGISTRATION AND MEDICAL FORM 2020-2021

Please write as neatly as possible and complete ALL answers please This is an annual process

- Team Durham - General Data Protection Regulations
- In an attempt to provide the best possible care for all individuals playing sport, organised or sanctioned by the Athletic Union, we request that you complete this form.
- The information that you give in the following documents is classed as personal data under the new GDPR legislation and as such you must opt in to giving the information.
- We will keep your data on a secure spreadsheet on the university shared drive or in a locked cabinet if supplied in hard copy
- We will keep your data for the duration of your time as a student
- We will delete your data once you are no longer a student
- The form will be held by the Head of Rugby, Medical Lead for DURFC, Team Durham staff, rugby coaches the strength and conditioning team, Performance Analysis Manager
- For further information please refer to the Durham University Privacy Policy which can be found here: <https://www.dur.ac.uk/ig/dp/privacy/pnstudents/>

This form will be used

A/ Medical concerns, history relevant to playing and training for rugby with DURFC. In the event of a significant injury or health problem. The purpose of this declaration is to provide immediate access at the site of next-of-kin details and information that may be necessary for treatment either on site or at hospital

B/ University and rugby Sporting matters

C/ We Your data may be used to support Sponsorship, Fund Raising and Marketing activities on behalf of DURFC only

Consent to share	
I consent for the personal information held on my registration and medical form when required, to be shared with the following: (delete as appropriate)	
Members of the Maiden Castle Physiotherapy Team	Yes/No
Your General Practitioner	Yes/No
Members of the Strength and conditioning Team	Yes/No
The Sports Consultant Doctor within the Maiden Castle Physiotherapy Team	Yes/No
Members of your coaching staff	Yes/No
Members of A&E / Paramedic team where required	Yes/No

Team Durham Staff (Not medical)	Yes/No
Performance Analysis Staff (Not medical)	Yes/No
To support DURFC Sponsorship , Fund raising , Marketing and Alumni support (Not Medical)	Yes/No
I understand that I have the right to withdraw my consent at any time	Yes/No

Player signature:.....Date:.....

Athlete Personal Details			
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Name			
Term Address			
Postcode			
Date of Birth		Place of Birth	
Mobile (Yours)			
Email (University)		Email (Personal)	
Height (cms)		Weight (kg)	
PLAYING POSITION		ALTERNATIVE POSITION	
COLLEGE		DEGREE/COURSE	
SCHOOL		CLUB	
School Coach Name and Contact No		Club Coach Contact No	
REPRESENTATIVE HONOURS			
KIT SIZES – TOP – i.e. XL or Medium etc			

Emergency Contact Details			
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Name			
Address			
Relationship to Player			

Telephone		Mobile	
NOTES			

Health and fitness assessment

In which other sports / physical activities are you involved?	
How many hours per week do you train?	

Health assessment

Have you ever suffered from an eating disorder? (Delete as appropriate) Yes/No (If yes, please detail)	
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Concussion

Have you ever suffered from concussion? (delete as appropriate) Yes/No (If yes, please give details of when, how long it took you to fully recover and what treatment/advice you received)	
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[All players - Please complete the Mandatory online RFU Headcase concussion training](#)

Date of Completion:.....

Medical history

Do you have any medical conditions, disabilities or allergies? (delete as appropriate) Yes/No

If the answer is yes, please list each condition, disability or allergy and any medication you take for it below.

Condition / disability (e.g. asthma, diabetes, epilepsy, anaemia, haemophilia, viral illness, etc)	Medication (e.g. tablets, inhalers, creams, etc - give drug names)	Frequency / Dose (e.g. twice daily, only with symptoms, etc)	Allergy (e.g. bee stings, etc)

Cardiac questionnaire

Do you suffer from any of the following? (Delete as appropriate)

Fainting	Yes/No	Palpitations	Yes/No	Dizzy turns	Yes/No
Chest pain or tightness	Yes/No	Breathlessness or more easily tired than teammates	Yes/No	Sudden death in your immediate family of anyone under 50	Yes/No
History of high blood pressure	Yes/No	Diabetes	Yes/No	Smoking (how many per day)	Yes/No

History of injury

Please list any injuries, when they happened and who treated you)

Injury (e.g. fracture, tear, rupture)	When (e.g. Sept 2007)	Treatment received	Who treated you (e.g. doctor)	Current status of injury (fully recovered or not)

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Operations	
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Have you had any operations in the past 5 years that are not covered above? (Delete as appropriate) Yes/No (If yes please give dates and details of surgery)	
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Player's signature:Date of profile completion: