

OLD ISLEWORTHIAN RUGBY FOOTBALL CLUB
Memorial Ground, 22a Wood Lane, Isleworth, Middlesex, TW7 5ED

OIRFC PLAYER INFORMATION FOR SEASON 2014/2015

This document has important information for all Old Isleworthians RFC (OIRFC) current and new players. Please take time to read it and take action as necessary. Any contacts mentioned below can be found on www.oirfc.co.uk which also contains loads of information about the club's current and past activities.

Insurance

Please be aware that OIRFC accepts NO liability for players/supporters personal injury or loss. The insurance provided to OIRFC by the RFU is limited to some compensation for permanent injury and death. It does not cover medical treatment, loss of work, valuables, etc.

Important Message from Middx County RFU: The RFU provides insurance cover for players, however it is very important to be aware that the cover is only valid for injuries that are of the most serious/catastrophic nature. Players are advised to consider whether or not they need to take out additional voluntary insurance cover in the event that a less serious injury occurs, to cover potential loss of income etc. There are insurance brokers who can advise on suitable policies and the RFU website contains contact details of insurers who offer such policies. You can find details of these companies by clicking on the link below or by cutting and pasting it into your browser:

<http://www.rfu.com/ManagingRugby/Insurance/PlayersParentsAndGuardians/VoluntaryCover.aspx>

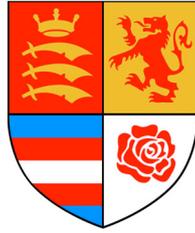
Rugby Selection, Playing, Training and Fitness

1st and 2nd team captains with input from the Club Captain, and Directors of Rugby and Coaching are responsible for selection. The Captains will do player confirmations each week by text/phone, and they appreciate an instant response whether 'yes' or 'no'. If you do not respond early, your team place may be taken by someone else. If you haven't been contacted and are available to play, text one of them. Remember 'the phone works both ways'.

Before or after each match, your captain will take your £5 match fee and availability for the next couple of weeks, and if this changes please advise him. Make sure you have the captains' mobile numbers in your phone. If you have to cry off or are running late for a match, call your captain. Please do not use email for urgent communications and don't assume an email has been received until you get a reply.

The best way to improve your rugby fitness and skills, and involve yourself in the club is to come training at Wood Lane on Tuesday and Thursday evenings (7.15 for 7.30 start). From time to time you will receive emails regarding rugby training and playing. Please read them as it will help to improve the effectiveness of training sessions, and your and your team's performance.

Continued on page 2



OIRFC PLAYER INFORMATION FOR SEASON 2012/2013

Page 2

Contact Details, Membership, Registration

If you haven't done so already, please let the membership secretary, Tony Winslade, have your contact details (email and postal addresses, and phone numbers) and RFU registration information (full name, and birth date and birth country). Don't forget to email or text Tony if your contact details change.

There are two membership subscriptions both payable each season, except for full time students. The OIRFC subscription is £40 by standing order or £50 cash, and Old Isleworthians Association (OIA) subscription is £30 by standing order or £40 cash. It is much easier if you pay by standing order on 1st September and 1st January respectively. Tony can provide you with a form to complete. If you have to pay cash, the rules are: OIRFC subscription must be paid by the end of September and anyone not paid up by then will not be selected until payment is received. OIA subscription must be paid by the end of December and anyone not paid up by then will not be selected until payment is received. For new players, Tony will advise you of what and when to pay.

For new players, once you have provided your contact details and paid or arranged to pay your subscriptions, we will register you with the RFU and you will be eligible to play in league matches.

Fixtures, Social Events, Tours and Merchandise

During the season there are numerous pre-allocated league Saturday fixtures for the 1st team and merit table fixtures for the 2nd team. We then complete the fixture list with friendly fixtures at a similar level although we are not in complete control of the level of the opposition.

We strive to be a very friendly and inclusive club so feel free to join in all events, and of course our two tours per season! We will advise you of events mostly by email which we use for non urgent communications, so check your inbox (and spam filter) at least a couple of times a week.

We try our best to look good, so get yourself some OI's kit. You need white shorts and red socks for playing, a blue club polo shirt, and for our no.1 dress code a club tie and club badge to be worn on a blue blazer.

See the website and next page for the current calendar of fixtures and events, and put them in your diary.

Old Isleworthians Association (OIA)

OIRFC is one of three sports sections in the OIA, the other two sections being for Football (OIAFC) and Cricket (OIHCC, a merger of the original OICC and Heston CC). There is also an OI Football Colts organisation with teams at all ages. In addition, we host Harlequins Ladies Rugby and a Sunday Football team, and on weekdays the Kidzone play group. All these organisations contribute to the well being of our Association and enable us to continue provide and invest in our clubhouse facilities and grounds.

We are very reliant on our bar income so you are encouraged to make good use of the bar. The clubhouse and bar is available for outside functions so please tell everyone you know about our good facilities.

HAVE A GOOD SEASON ON AND OFF THE PITCH !