

# FARNBOROUGH RUFC

HAMPSHIRE'S FRIENDLIEST CLUB



## Boro *focus*

Be the Best You Can

November 2020

**W**elcome to the Farnborough RUFC Club newsletter "Boro Focus".

In the newsletter will you find articles about the club and its management from key Executive Committee members .

If you want to advertise in the next issue please contact us on [info@farnboroughrugby.co.uk](mailto:info@farnboroughrugby.co.uk)

The newsletter is sent to our members email addresses and is also available online on the Club's website -

potentially well over 1000 people will read this !

The Club's website can be seen at:

[www.farnboroughrugby.co.uk](http://www.farnboroughrugby.co.uk)

Stay Safe & Enjoy the issue

ED

## NEWS FROM YOUR PRESIDENT

Robin Moses

Dear Member

I hope that all of you and your families and friends are continuing to keep safe and coping well in these difficult and unprecedented times.

With the second Covid-19 related lockdown now underway, yet again we have had to 'mothball' the clubhouse - meaning a loss of income from the bar and regular daytime hires. All hires have had to be suspended until government restrictions are lifted. We are organising a rota of Executive Committee and other members to regularly visit the Club to check that all is well!

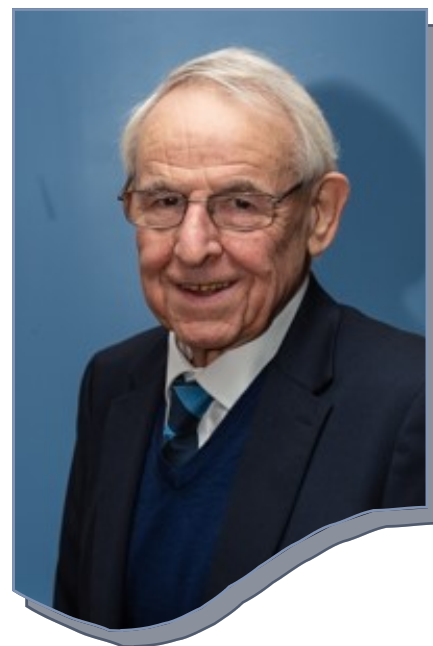
As most of you will know we were able to operate in somewhat limited fashion post the first lockdown, with the bar open on Saturdays and Sundays – and latterly on Fridays. Slimming World re-started their regular hire on Tuesdays, a new regular hire from Slimming World on Mondays started on 7th September, and new regular hires from WW (Weight Watchers) started on Thursdays and Fridays from 20th August. Obviously, we will not have the income from all this until the current lockdown finishes. Further, we have not been able to take any 'singleton' hires for such as birthday and anniversary parties because of the low number of people we are able to accommodate in line with social distancing etc restrictions. Related to this, your Club Board of Directors/ Executive Committee has reluctantly decided that we will not be able to take any 'singleton' hires, and not have any Club social events, until the New Year at the earliest. A review of this will be held in January 2021.

As for the first lockdown we have stopped all avoidable spend. Everything has been switched off in the clubhouse except for electricity (needed regarding the alarm, CCTV, and freezers), and gas to keep minimal heating going so we do not get pipes freezing up. [Water is turned on briefly for the weekly flushing of the beer etc pipes by one person, who when finished switches the water off again.] Further, we have instructed our main bank to again cancel all direct debits except for Insurance and Electricity until further notice - to ensure the safety of our bank accounts balances. Any invoice is scrutinised in advance and only legitimate/late invoices will be paid by bank transfer. We are investigating whether we can get a coronavirus related grant from government for support for business regarding the second lockdown. We have started the dialogue with the local authority through which government grants will be paid. Many thanks here to Tom Moore and Ian Smith.

Income sources that are not affected by the second lockdown are few, but to ensure the Club's survival we urge you all to help your Club. Ways that all members can help with on the financial front are shown in the news item on page 9 – entitled "Ways members can help the Club on the financial front, during the current pandemic".

With your help, including as mentioned on page 9, and in place actions to stop any avoidable spending, as and when we resume some operations (hopefully after the second lockdown on 2nd December) the liquidity of the Club will be better safeguarded.

In fulfilling many actions, the Club is extremely thankful for the efforts of all Board of Directors/Executive Committee members (Chris Collett, Gary Allcock, Tom Moore, Maria Carbone, David Thorley, Jak Thomas, Lauren Utton, Raymond Batey, myself),



and others including Lee Kirkham, Tony Thorley, Daryl Brown, Fiona Strudwick, Tracy Playfoot, Ian Smith, and Steve Gotting – all working ‘behind the scenes’ to help keep your Club afloat.

We will keep you up to date with progress. Your continued support is very much appreciated and anything you can do to help, recognising these are hard times for everyone, will be enormously valued.

We all have support networks of friends and family, and that provided by our Club is one of the strongest. It may be that we will not meet up again for some time, but we are still all here for each other. If there is something that your Club can help you with, please do not hesitate to contact us via Maria Carbone (Club Secretary) – [maria\\_carbone@hotmail.co.uk](mailto:maria_carbone@hotmail.co.uk).

As mentioned before, rugby is all about being together. We cannot do that just now, but we can be grateful we live in an age where technology helps. Many of you I know are using such as Zoom. This virtual bringing together of your team, age group, group of ‘oldies’, whatever, enables you to stay in touch, have quiz etc sessions, chat about rugby, and have your banter as if at the Club.

Stay Safe!!

Robin

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## MESSAGES FROM YOUR CHAIRMAN

Chris Collett

Hello Everyone

First and foremost, I hope you and your families are keeping safe and well. It's certainly been a strange few months since rugby was interrupted back in March. Although the first lockdown covered mostly the 'out of rugby season' summer months, the second lockdown is upon us, and it still seems a very long time since we were able to get together and do things as a Club, be it rugby related or social. I hope that can change in the coming months.

The high level of uncertainty and lack of clarity that always accompanies such dramatic changes of fortune, make it difficult, even now, for us to plan anything in fine detail or even in broader detail with complete confidence. Nevertheless, I want to let you all know, first that despite everything, I and all involved in the running and management of our Club are thinking constantly about how to navigate our way through this crisis, and second that the club is still being managed and cared for to the very best of our abilities.



The Clubhouse

The Club will remain closed until we are advised it can reopen (hopefully 2nd December). During the first lockdown the clubhouse was refurbished, the works included new shutters, new carpet in the main bar and the members bar, redecoration, new radiators, bar decorations, overhaul of the dance floor, and a deep clean. Thank you to those involved in carrying out these works.

Membership

As our income has fallen dramatically due to the lack of rugby and private hires, we are even more dependent on people paying their membership annual subscriptions. Thank you to all of those members who have paid their annual subscriptions, and to those members who have also made donations to us. For those members who haven't yet paid, please do so now. Your annual subscriptions will help keep the club open during/beyond these uncertain times. (Also, see page 9)

I would also like to thank all the volunteers that help run our Club. We could not operate if we didn't have you. THANK YOU.

Yours in Rugby

Chris



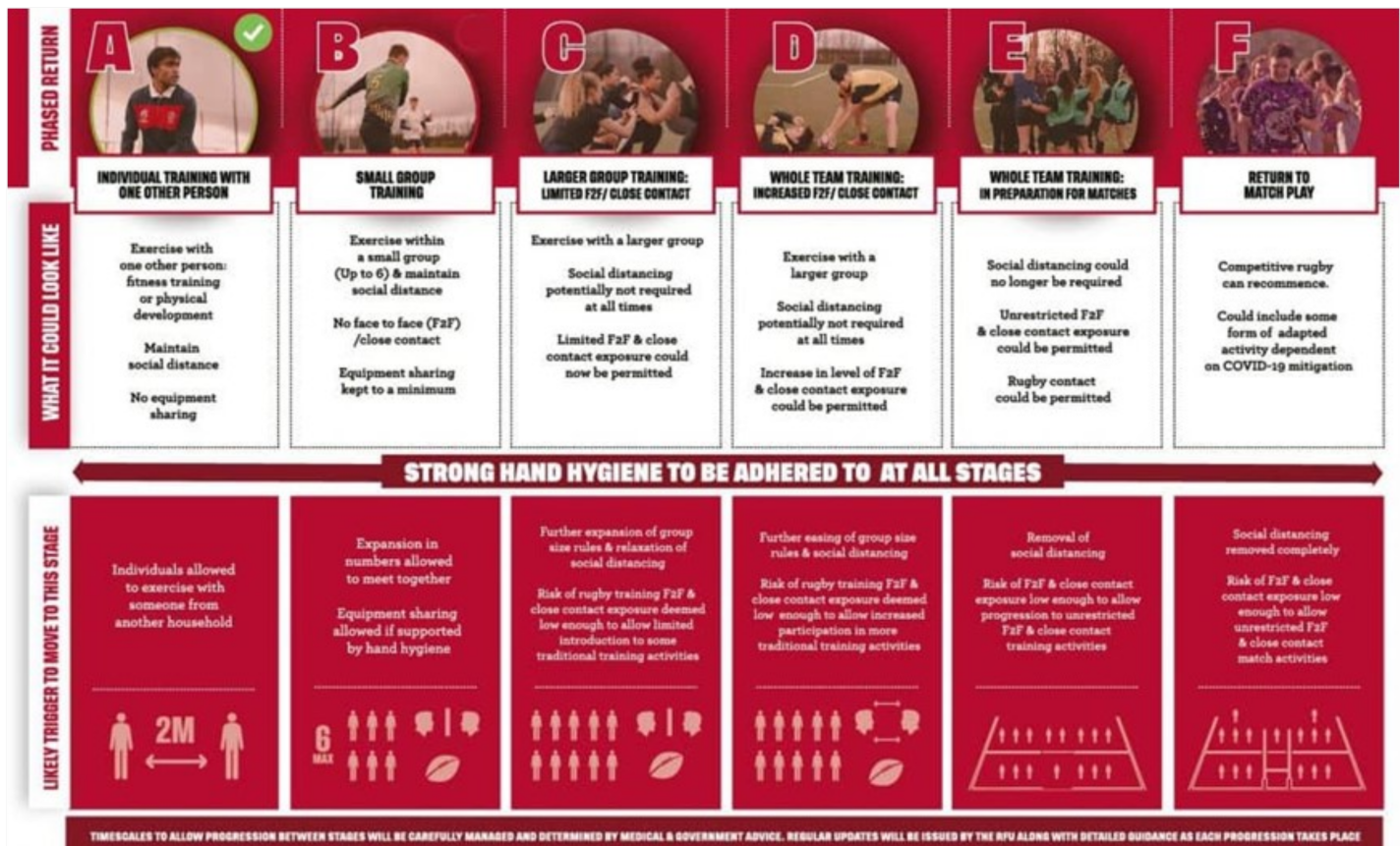
# NEWS FROM THE DIRECTOR OF RUGBY

## David Thorley

I find it extremely saddening that as the Director of Rugby at Farnborough RUFC I am unable to report much on rugby. This has been a difficult year for all and the sport we all love has been hugely impacted by the COVID-19 pandemic. If this year has highlighted anything to me, it is the good will and commitment of volunteers and members, who have continued to support the Club throughout the pandemic.

I would like to extend my thanks to Daryl Brown, who has stepped in as Head Coach for the senior section of the Club for the remainder of the season. Hopefully we will be able to see Daryl put his experience and skills to work before the season ends.

In order to adhere to RFU guidelines, we have been following the RFU Return to Rugby Roadmap (below). Since the first lockdown in March 2020 we managed to progress to stage D on the roadmap by October 2020. Unfortunately, we are now back at stage A but I am hopeful that we will be able to progress quickly through the stages again once the current lockdown period has ended. Training will recommence for the senior players as soon as we are out of this lockdown. These training sessions take place on Thursday evenings from 19:30. Part of my plan will also be to introduce touch rugby games, both within the Club and against some of our local teams. It may not be the same as before and definitely not what we want long term, but I do believe that we need to embrace this strange time and make the best of what we can.



One playing related piece of news very recently received from Hampshire RFU is of much interest. "It is devastating to the sport that all league rugby is cancelled for this season. The RFU is finalising local fixture clusters for clubs at Levels 5 to 10, based on previously announced groupings at Levels 7 to 10 and local clusters at Levels 5 and 6. These are intended to provide local derby fixtures, minimising travel and having opportunities for club-house revenue. Entry is optional but will be based on whatever adapted contact version of the game, HM Government permits. Regulation will be minimal to remove barriers to participation. The start date will hopefully be announced post lockdown, and will then follow a 10-match/12-week schedule of fixtures." This means 6 team leagues ('half leagues'). Our 1st XV is at level 10 (Hampshire 1), and a first draft of the split of Hampshire 1 clubs into 2 'half leagues' was included with the Hampshire RFU news. It is recognised that this is currently very tentative and dependent on government Covid-19 related regulation and procedures etc.

I look forward to us being able to train and play again very soon! I hope to see you all in and around the Club in the near future.

David

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## MESSAGES FROM YOUR FINANCIAL

### Director/Treasurer, Tom Moore

#### Financial Position at the Whole Club's Financial Year ½ year Point

This has been the first time I have ever in my 40 years of Financial Management had to re-learn our budgeting and cashflow systems and discount all previous trends, indicators and patterns.

Our fixed overheads remained the same - Ground Rent, Water, Electricity, Gas, Pitch Maintenance, Health and Safety Requirement, and General Maintenance of what before this year was a somewhat tired clubhouse due to lack of finance over the previous few years.

We came into this financial year (1st May 2020 to 30th April 2021) on lockdown. That meant no means of generating our income from the Bar, Hospitality, Hires, and attendant spin-offs like donations/sponsorship.

Further, it was unfortunate to say the least that we had a break-in in the early part of the first lockdown meant we had some £3,000 in damages of which the Club Insurers paid £2372.

With all this in mind we had to look to non-repayable grants, and support from our Partner Donors, together with an end of financial year (end April) surplus from our trading accounts.

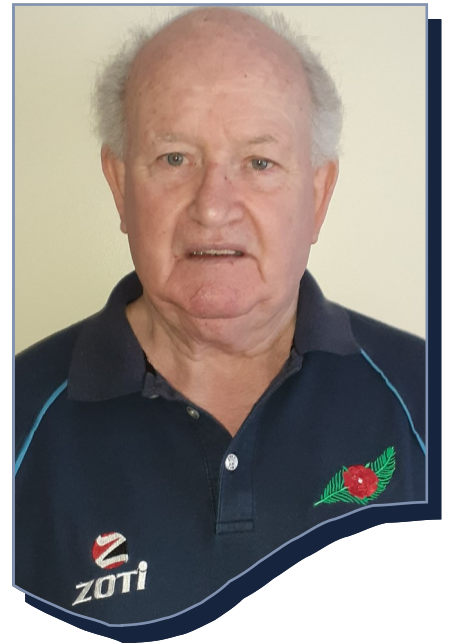
With the generosity of the government's Hospitality and Leisure Covid fund we received a grant of £10,000. Further, the activities of the Club Fundraising Team of Fiona Strudwick and Tracey Playfoot's Justgiving page raised £13,918. Thus, we had a running start. Then more recently we received donations totalling £2,350 from Partner donors, Life Members, Honorary Members and Honorary Bond Members, thanks to the efforts particularly of Peter Hannan.

The hard work particularly of Chris Collet, Fiona Strudwick, and Daryl Brown transformed the clubhouse into its present state of really good presentability. Work included installing lockdown metal shutters on all doors - and new windows, re-carpeting in the main Club room and the Lounge Bar, painting throughout the clubhouse - including dressing rooms and corridors, new seating in the Lounge bar, and dressing rooms and corridors floors scrubbed. Further, there was installation of a new alarm system and CCTV cameras inside and out.

The Club was able to reopen on 4th July on a much-reduced basis due to Covid19 restrictions and regulations thanks to the hard work in particular of Lauren Utton and Lee Kirkham - ably assisted by Steve Gotting regarding cleaning and sanitising. We were able to open our doors to regular hires by WW (Weight Watchers) and Slimming World, a vital hire source of revenue.

One plus point has been that the Club was able to pay off the Brewery debt. Originally the debt was £8,500, but after negotiation with Molson Coors this was reduced to £7500 - which we have now paid off in full!

We now are in lockdown again and no longer able to earn anything despite all the good work.





We look forward to the second half of 2020-2021 season with optimism and wiser with lessons learned on how to operate in a hostile environment.

To all those that should have helped and did not, please wake up! This is your Club and your annual subscription were due in September. (also see page 9) If you are experiencing financial hardship in this most difficult of times please contact myself or Assistant Treasurer Ian Smith as we have a contingency fund for paying memberships and avoid being de-registered as you will be uninsured and therefore denied access to the Club's facilities.

To all those good people who contributed to the Club and made our job that much easier - Many Thanks.

Tom

## **A BIG thank you to Club Sponsors — AutoTek**



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## WAYS MEMBERS CAN HELP THE CLUB ON THE Financial Front, During the Current Pandemic

There are a number of ways that all of you members can help the Club financially in these difficult times, including:

If you have not yet paid your annual subscription for 2020/2021 in full or monthly via the standing order scheme, you should do so now.

If you – and indeed your family and friends - have not yet joined the Rushmoor Community Lottery through the Club's link you should do so now. Your Club is registered as a local good cause with the Rushmoor Community Lottery. If you join this Lottery through the Club's link and buy one or more weekly tickets (one ticket only costs £1) then you are directly supporting your Club as half of the money goes to the Club (and a further ten pence goes to the new Rushmoor Community Fund). A percentage of each ticket sold is set aside for the prize fund, with the chance of winning cash prizes from £25 up to £25,000. The draw takes place every Saturday. It is easy to set up your Lottery account through the Club's link on the Club's website (\*see below) , and a direct debit is made on your bank account on a monthly basis. Money received by the Club from the Rushmoor Community Lottery significantly helps the Club to meet its financial needs. Thus, if you have not done so already, you as members, and by encouragement your family and friends, for a small outlay can easily increase the needed money coming to the Club by joining the Community Lottery. Click Here to buy tickets from our Lottery Page\*. <https://www.rushmoorlottery.co.uk/support/farnborough-rugby-club>.

If you have not yet joined the Club's 100 Club you should do so now. There are great money prizes that you can win.

If you can you may make a donation to the Club by e-mailing Tom Moore at [moore.moore2510@gmail.com](mailto:moore.moore2510@gmail.com) detailing the amount you wish to give. No amount is too small and everything you donate will be subject to the boost of Gift Aid. Already we have received significant money donations from Life and Honorary Members.

Tom, Ian (Smith), Chris and Robin

## CLUB SHOP UPDATES

by David Thorley, Shop Manager

As many of will know by now, we have changed kit supplier this season. The new kit by Pro Impact Teamwear looks to be popular with members already, especially the new midlayer (below left) and reversible playing shirts (below right).



Junior £24.95, Adult £32.95



Junior £29.75, Adult £38.75

There is lots of kit available to view and order online. The link for the online shop can be found through the Club Shop tab on [www.farnboroughrugby.co.uk](http://www.farnboroughrugby.co.uk). Alternatively, you can contact myself or Maria Carbone (contact details can also be found on the Club website) for club shop enquiries and orders. We are also at the Club most Sundays between 10:00-12:00.

David

## FROM THE CHAIR OF THE MINIS & JUNIORS

### Tracy Playfoot

It has been great to see so many players return to rugby training on a Sunday morning where they should be. All the children have returned with enthusiasm and have taken to the new rules and safety measures well. I am pleased to say we have had quite a few new players joining us across a number of the age groups, and these have all commented on the warm welcome the age groups and Club has given them - which is fantastic to hear.

Sadly, this month saw one of our U11 players diagnosed with acute lymphoblastic leukaemia. We will be holding a fund-raising day as soon as we are allowed which will include touch rugby matches between our coaches and volunteers. Further details will be circulated when we are able to set a new date. To date our online fund raising page [https://www.justgiving.com/crowdfunding/charlie-u11-fruvc?utm\\_term=gYBDpKWQG](https://www.justgiving.com/crowdfunding/charlie-u11-fruvc?utm_term=gYBDpKWQG) has raised £3604 which will be used to support Charlie and his family during his treatment and recovery, and to support Charlie in being able to purchase more Ollie the Brave lions for other children going through cancer treatment.



Tracy



# 100 Club

Farnborough RUFC 100 Club was founded in the 1970s and is a valuable revenue stream for the Club.

We are currently trying to increase the membership of the 100 Club from the current 80+ to over 120 members.

Many current members of the Club are currently not enrolled – so please see Lauren Utton (ask at the bar) and get the standing order form – it is just £5 per month, and you could win a big prize!

**Great Monthly Prizes**

**£200.00, £100.00 and £50.00.**

Membership is not restricted to Club Members; family & friends can also join



**Remember..... you have to be in it to win it !!**

The 100 club is drawn every month.



### Manager, Jak Thomas

#### **Taking Care of Business at the Club – Meeting Our ‘Duty of Care’ For Your Health, Safety and Wellbeing**

Question: what’s of common interest to schools and colleges, your workplace, the public transportation system, your local pub, shop or shopping centre and your rugby club? Answer: the health, safety and wellbeing of everybody who has access, for whatever reason, to these places.

Employee, volunteer, member, visitor, user of any facilities, equipment or services provided by the Club - all are owed a ‘duty of care’. To this end we also have to comply with rules and regulations set by the government. Most of you have surely heard of the Health and Safety at Work Act; infamous in the media but, in reality, a great framework for sensible and proportionate risk control. And who hasn’t been affected by the privations of risk control associated with COVID 19? It’s all about ‘duty of care’ and compliance.



So how does your Club meet these obligations? First and foremost, we take steps to identify and understand hazards arising from Club facilities, equipment and activity. Secondly, we assess the level of risk arising from these hazards and who might be affected. And finally, where risk to people is significant, we take action to reduce this to a level where people are protected from harm and made aware of what they need to do to take care of themselves.

This is our risk management process and its execution is a priority for the Club Board of Directors/Executive Committee. There is a formal ‘Health and Safety Policy’ which commits the Club to meeting these obligations and sets out practical measures to be taken; it also commits us to the allocation of financial and other resources to maintaining and improving standards.

We have a Club Board of Directors/Executive Committee member designated as Health and Safety Manager who works closely with the Clubhouse Manager. In normal times – out-with COVID 19 restrictions – they meet on a regular basis to carry out inspections and checks on health and safety standards and arrangements and to implement and recommend improvements and corrective actions to the Club Board of Directors/Executive Committee as they arise; from simple in-house repairs, renovations and replacements to the use of specialist contractors where more formal competence might be required for such matters as gas safety.

The scope of risk we manage is too wide to discuss in this initial article, but bear in mind that it is extremely broad and covers everything from utilities – gas, electrical and water services systems – to playing and bar service equipment and simple maintenance of fire signage and notices – not forgetting COVID 19 risk control in the clubhouse. We’ll feature some of these practical issues in future newsletter articles.

In the meantime, take care and stay safe in these strange times – and if you have any doubts or concerns about health, safety and wellbeing at the Club, please let us know.

Jak

## NEWS FROM THE CLUB GROUNDS MANAGER,

Raymond Batey

Basically, my job is grass!

What can you say about grass, its green right?

Well it is most of the time, but during this summer it looked more like the Serengeti than a playing field due to the lack of rain over a prolonged period, but luckily such is nature that it is now back to its lovely green state (I'm actually looking forward to the muddy areas appearing again!). See the photos below

Because of the dreaded Covid-19 and the lack of funds coming into the club we had to temporarily suspend the work normally undertaken by our contractors, where they would apply weed killer, overseed and verti-drain (aerate) the pitches during spring and autumn.

Fortunately, we received a small donation from the RFU, which enabled us to get the weed killing done and the pitches verti-drained.



You may have noticed that the football pitch hasn't been in use for a couple of seasons. This is because the league the Sunday team plays in condemned it because they deemed it unsafe.

Again, because of lack of funds we decided to do the remedial work ourselves, getting a whole load of topsoil (free), applying it to the required areas, then seeding it.

It is now looking reasonable and we will be getting the contractor to apply weed killer and verti-drain it (this to be paid for by the football club).



As a bi-product of the work on the football pitch I was able to use some of the leftover topsoil to fill some areas of the First Team pitch and apply seed. I'm pleased to say that the seed is growing nicely.

Another task I've been lumbered with is overseeing the extension to the club changing facilities, to add two more changing rooms, so that we can have proper segregation of M&Js from adults, especially on a Sunday when we might have visiting rugby teams and the football team playing at the same time.

This started well with us getting a pledge of £50k from Sport England towards the costs, with another £25k promised by Rushmoor Borough Council, but unfortunately the fundraising has come to a bit of a standstill due to everyone, including the RFU and FA, concentrating on helping clubs out during the Covid-19 crisis. Once we are over this (whenever that might be) I'll be back on the case trying to get the remaining funds from the RFU and FA – watch this space.

Raymond



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# DON'T BE A HEADCASE ADVICE FOR ALL

## Players, Coaches First Aiders & Parents

Players, coaches first aiders and parents are responsible for health and should take concussion seriously., Failing to follow the guidance provided can have significant and sometimes serious consequences:

**Your playing career and enjoyment of the game may be affected**

**Your long term health may be affected**

**Your work and/or academic studies may be affected**

**Play well, perform well**

Although it may not be possible to stop all concussions happening, there are some measures players can take that have the potential to reduce the number of concussions we see:

- ◆ **Ensure the playing or training area is safe, and the risk of serious head injury occurring is reduced.**
- ◆ **Check ground conditions - do not play or train if the ground is frozen solid or rock hard due to drought.**
- ◆ **Ensure all posts and barriers on or close to the pitch are protected with appropriate padding.**
- ◆ **Ensure correct tackle technique is performed consistently. If the head of the tackler hits the ball carrier there is a significant risk of concussion and/or neck injury. You should therefore ensure that you are able to perform correct tackle technique consistently.**
- ◆ **Do not engage in dangerous play such as high, tip and spear tackles. Similarly do not tackle players in the air i.e. when jumping to catch the ball from kicks or lineouts. Falling from height increases the risk of concussion and neck injuries.**

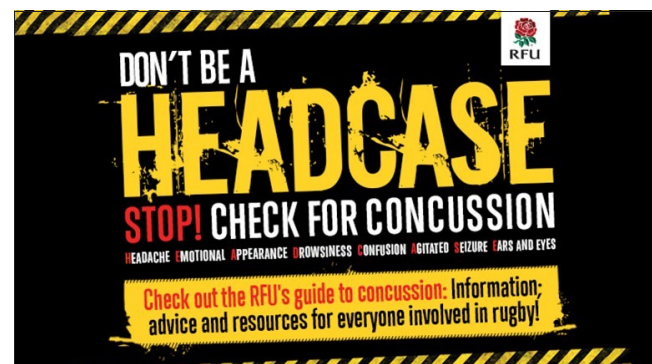
### Protective equipment

Rugby head guards **do not** protect against concussion. They do protect against superficial injuries to the head such as cuts and grazes though - this has been demonstrated in a number of research studies. There is also however some evidence to suggest that head guards may increase risk taking behaviours in some players.

Mouth guards/gum shields **do not** protect against concussion either although they are strongly recommended for all players as they do protect against dental and facial injuries.

### Remember the 4 Rs:

- ◆ Recognise the signs and symptoms
- ◆ Remove the player from play
- ◆ Recover fully before returning to sport
- ◆ Return only after following a Graduated Return to Play



For more information and downloads on player welfare visit:

<http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase>



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  - ◇ Promoting grass routes rugby
  - ◇ Help in the running of the club

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**RUGBY'S VALUES  
MAKE US  
WHO WE ARE**

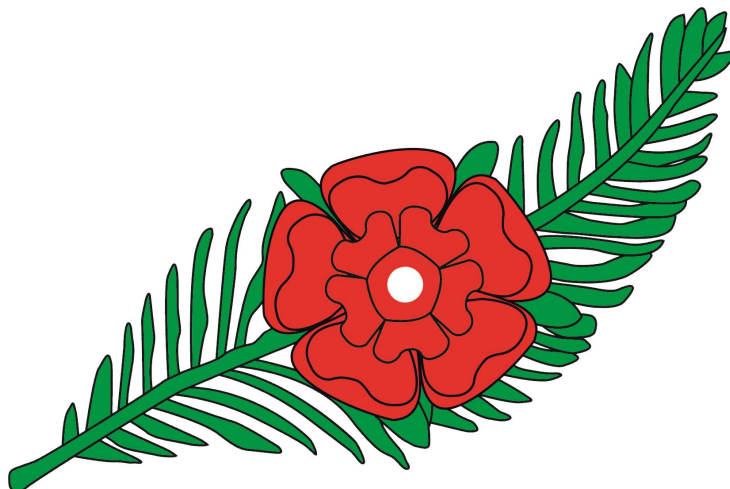


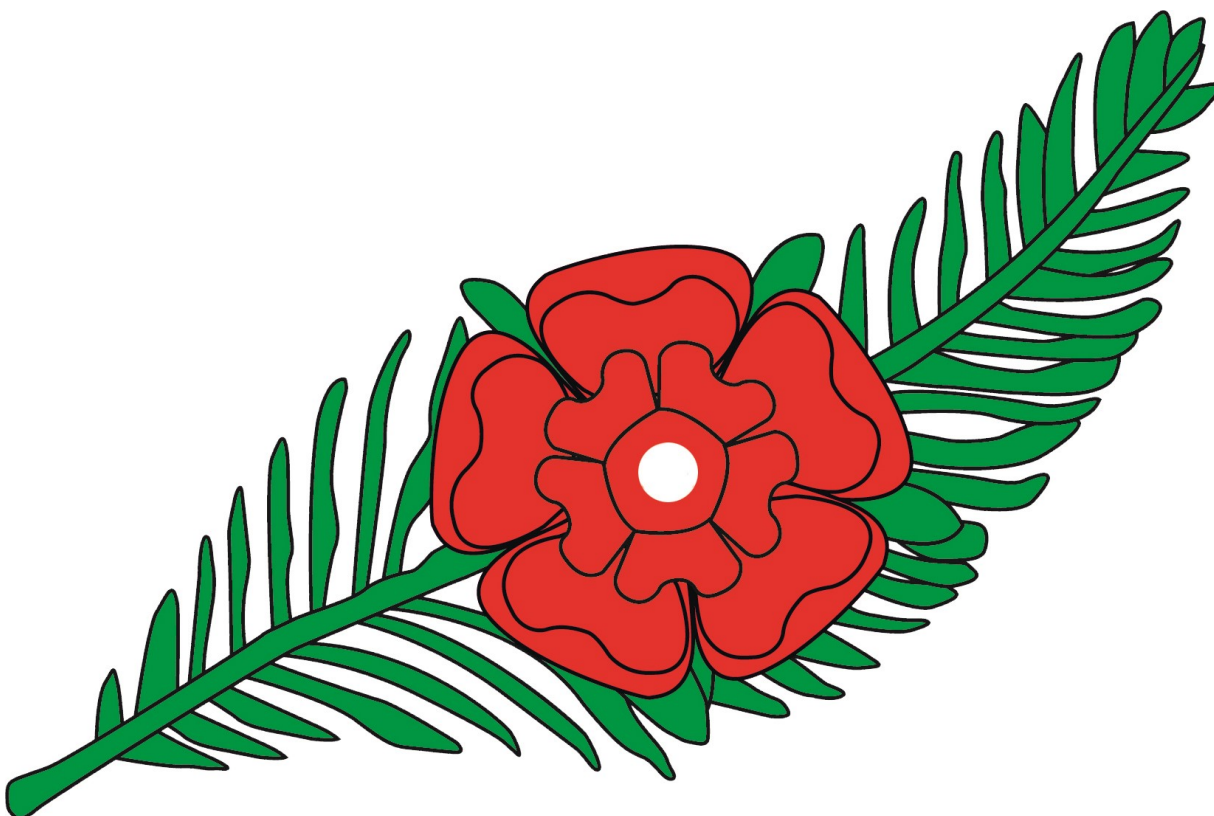


Racism and any form of discrimination is not acceptable in rugby, in sport, or in the world we live in.

**Solidarity, integrity** and **respect** are the core values of our game.

Rugby united against racism.





“Boro Focus” is the club newsletter of Farnborough Rugby Union Football Club Limited  
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