

COMMUNITY CLUBS WEBINAR

WEDNESDAY 13TH MAY 2020

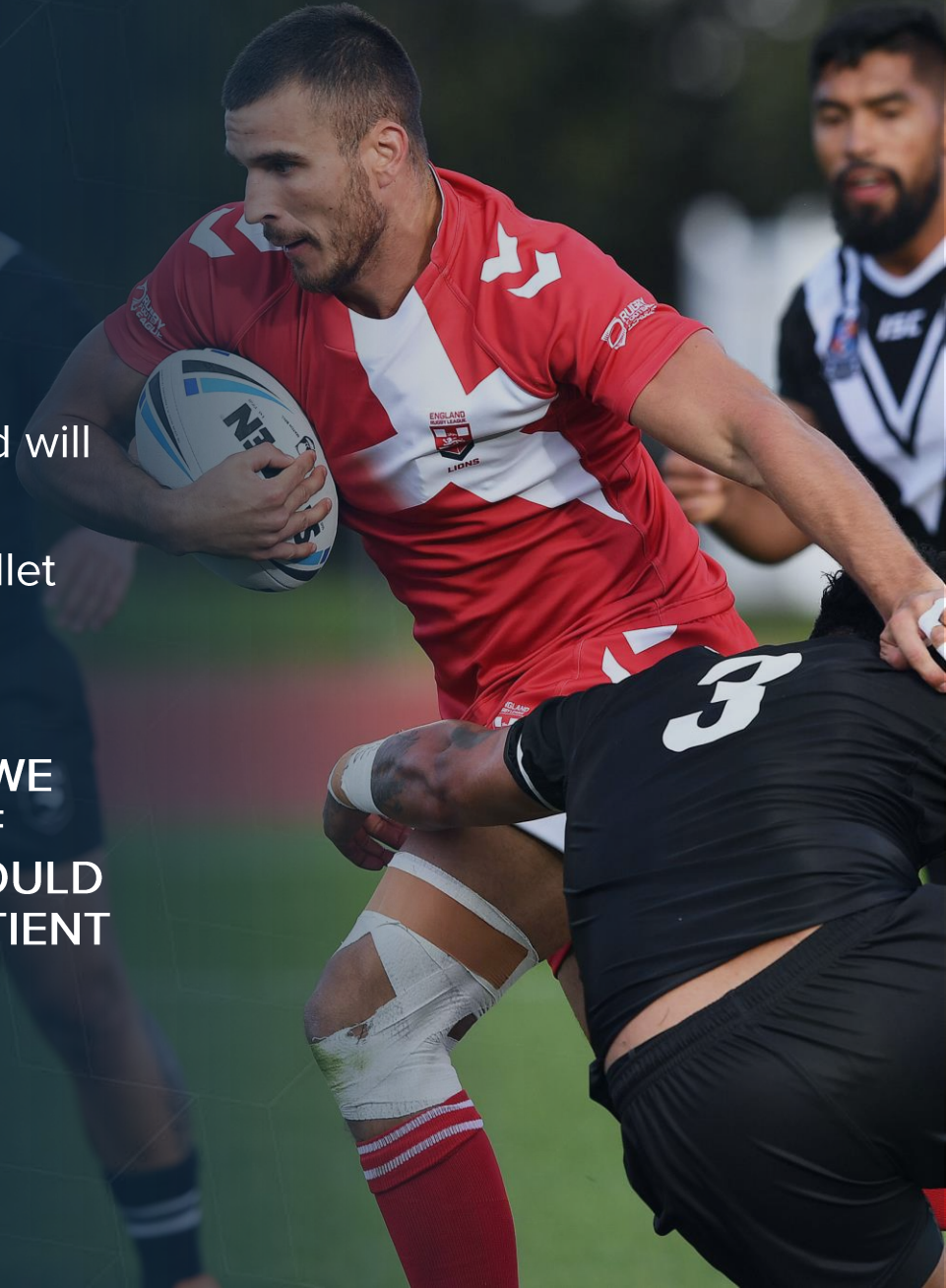


WELCOME

Please see the joining instructions for this webinar.

- PLEASE MUTE YOUR MICROPHONE ON JOINING
- WEBCAMS ARE NOT NEEDED and with the numbers expected will slow it down quite a bit!
- When contributing to the discussions we will ask you to use Padlet please – [Link](#)

HEALTH WARNING – AS WITH LOTS OF THINGS RIGHT NOW WE MAY GET SOME TEETHING PROBLEMS WITH THE VOLUME OF PEOPLE ON THIS WEBINAR (EVEN THOUGH THE SYSTEM SHOULD HANDLE IT!). IF THERE ARE ANY ISSUES THEN PLEASE BE PATIENT WITH US AND WE WILL CIRCULATE THE PRESENTATION AND PADLET SHORTLY AFTERWARDS.



AGENDA ITEM 1.0

WELCOME & INTRODUCTION

JOHN MCMULLEN




AGENDA ITEM 2.0

**RFL UPDATE ON THE GOVERNMENT
ADVICE**


MARC LOVERING



COVID-19 GOVERNMENT ADVICE & OPERATIONAL UPDATE



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Coronavirus (COVID-19)


STAY
ALERT ▶ CONTROL
THE VIRUS ▶ SAVE
LIVES

Stay alert

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly

Do not leave home if you or anyone in your household has symptoms.

 [Read more about what you can and cannot do](#)

AGENDA ITEM 3.0

COMMUNITY CLUBS POSITIVE ACTION

JOHN MCMULLEN



Community Clubs Positive Action

Rugby League Clubs supporting the wider community?

- Virtual Bar raising funds for NHS – [Link](#)
- Delivering food packages and personal messages – [Link](#)
- Blackpool Stanley 5000 Miles Challenge – [Link](#)



More Positive Action

- **Milford ARLFC supporting NHS – [Link](#)**
- **Egremont Rangers delivering food packages– [Link](#)**
- **Skirlaugh RL Team Quiz – [Link](#)**
- **Plenty Rugby League Clubs are adding more value to your local communities too!**
- **Keep up the good work**



AGENDA ITEM 4.0

VIRTUAL CLUBS

ANTHONY ATHERTON





VIRTUAL
CLUBS





» Response to Covid-19



With the outbreak of COVID-19 and the uncertainty of knowing when we are able to return to play Rugby League, we, like the rest of the community game are missing match days.

The RFL are proposing a concept which takes the "game day" virtual. Trying to recreate a "game day" and replicate the different elements online.

1. Being Physical
2. Learning and trying new skills
3. Socialising with friends and family
4. Working as a team
5. Being able to compete and be competitive

Most importantly to have **FUN**

» What is virtual game day?



Building on the foundations of #SkillToPlay and #FitToPlay, the RFL will be setting weekly team challenges, for new and old teams to complete in a 60 minute window.

A virtual "game day" will start with the team meeting online in the "club house" (*kitchen*) 10 minutes before "kick off" in their club kit.

The "game" will consist of 2 halves, with each having "physical" and "skills" challenges. How you complete these will give your team points.

This is recommended to be completed together online, overseen by the coach, whom is there to encourage and guide the team through the challenges.

This will evolve into teams competing against each other, adding the competitive element at the appropriate ages.

The match day ends, back in the clubhouse for after match food.



» Next Steps

ROLLING OUT

- Virtual clubs has been piloted with 6 teams
- Additional pilots are continuing this weekend
- The RFL will be opening up applications W/C 18th (week on Monday)
- With the first potential game day weekend of 30/31st May



VIRTUAL GAMEDAY
PILOT 1 | KO 11:00

THE CHALLENGE

PASSES	PRESS UPS	PASSES	PASSES	BURPEES	PASSES
PLAYING Team plans how to hit the total targets as a group. The players reps are counted. When the final pass/rep is complete stop the clock.			SCORING Start the clock on the first pass/rep. Stop the clock on the last rep. Best time for each round wins. The winning teams gains 6 points.		
FIRST HALF <ul style="list-style-type: none">600 passes into a bin (Left to Right).800 press ups.600 passes into a bin (Right to Left).			SECOND HALF <ul style="list-style-type: none">600 passes into a bin (whilst moving).600 burpees.600 passes into a bin (whilst moving).		
THINK TO PLAY Have you...encouraged your parents/siblings to play a part in your practice.			LIVE TO PLAY Do you...take an active role in preparation during the week. Including planning sessions, setting meeting times as well as pre and post match food.		
MOVE TO PLAY STABILITY Superman CLICK HERE FOR MORE INFORMATION			OBJECT CONTROL Superman with ball CLICK HERE FOR MORE INFORMATION		LOCOMOTION Turn off either Foot CLICK HERE FOR MORE INFORMATION

PILOT 1

A.O.B

PADLET QUESTIONS?



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