



Welcome to Torexe Volleyball Club. Whether you are training, playing matches or socialising, we hope you will enjoy your time with us.

Your welfare, safety and enjoyment of Volleyball are very important to us, hence it is necessary for you to familiarise yourself with these guidelines before you start playing with us. Please take some time to read these rules now, and if you are satisfied, sign on the last page, along with providing some brief contact information about yourself. If you have any questions please do not hesitate to ask.

As a player or member of Torexe Volleyball Club (“the Club”) you are expected to abide by the following:

General Rules

- Players (and their representatives eg. parent, guardian, coach) must respect team-mates and opponents, and also the decisions of coaches, referees and other officials. Rude, offensive, or aggressive behaviour will not be tolerated and may result in being asked to leave the court or sports-hall.
- All players have a duty to uphold the good name and reputation of the Club, and should not behave in any way that jeopardises that reputation.
- Any player arriving late to a match or training-session must ensure that they have warmed-up thoroughly before joining the match/session.
- When playing in a sports-hall, no-one is permitted to move equipment or access store-rooms, cupboards, etc. without permission from the coach, committee or sports-centre staff as is appropriate for that situation.
- Players must pay all membership, match, training or any other fees as and when they are due. (Any exceptions to be at the Treasurer's discretion.)
- Players are expected to wear suitable clothing at all times. Laces must be securely tied. Any jewelry that is likely to interfere with play (necklaces, bangles, watches, etc.) must be removed.
- If injured while warming-up or playing, the player must notify an official (coach, referee, etc.) and remove themselves (or be helped) from the court immediately. If required, further medical assistance must be sought from qualified persons. Open wounds must be covered as soon as possible.

Training Sessions

- Players must follow the coach's instructions at all times.
- To ensure safe and effective warming-up, no player is permitted to touch a ball until authorised by the coach.
- It is the player's responsibility to make the coach aware if they have any illness, injury or other circumstance that could affect their carrying-out of the coach's instructions.
- Not all training-sessions are suitable for all players. It is the player's responsibility to ensure that they are permitted to attend a particular session, as determined by the coach for that

session. The player must respect the coach's decision if he/she considers the session unsuitable for that player.

Matches

- Players are bound by the Club's prevailing match-eligibility and minimum training attendance rules. It is the player's responsibility to ensure that they are eligible and fit to play any match they are asked to participate in, including any league or tournament where the player is representing the Club.
- Players are not permitted to play in any match on behalf of the Club if they have not paid the appropriate membership and/or match-fees. (Any exceptions to be at the Treasurer's discretion.)
- All players are expected to do their fair-share of non-playing duties for other Club matches (officiating, washing shirts, organising, etc.) as directed by their team-manager or coach. Failure to do so may result in the player not being selected for future matches.

Insurance and Liability

Torex Volleyball Club shall not be held responsible for any accident, illness or injury sustained whilst training or playing in any match on behalf of the Club. This also applies to any function attended with, or organised by, the Club. The Club carries public-liability insurance, as does the sports-hall, but it is the responsibility of players and participants to arrange their own personal insurance if required.

Suggestions or Complaints

The Club promotes a culture of openness at all times, and members are encouraged to suggest ways of improving the club and/or the way it operates. If any member is unhappy with any aspect of the Club, they may contact a coach, committee member, the Club Secretary or Chairman, who will attempt to resolve the problem as soon as possible.

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TOREXE VOLLEYBALL CLUB - CONTACT DETAILS

Please complete the information below and return to a Coach or the Membership Coordinator as soon as possible.

By signing this form you acknowledge that you have read the Club rules and agree to abide by them. (If under 18, please make sure your parent/guardian countersigns the appropriate section below.)

Player's Name: _____ Tel: Home: _____

Email Address: _____ Tel: Mobile: _____

Signed: _____ Date: _____

Who can we contact in case of emergency?:

Name: _____ Contact no.: _____

Parent or Guardian if player is under 18:

Name: _____ Signature: _____

Relationship: _____