



Pacific Rim Elementary Sports Council Rugby Program

March 2025

Parents/Guardians,

The Pacific Rim Elementary Sports Council in partnership with SD70, Black Sheep Rugby and the After School Sports and Arts Initiative is happy to offer youth rugby to students in Grades 4-7 this spring. If your child is interested, please retain this page for your records and return the following consent pages to your child's school.

Training this year will be offered at two hub sites while games will be hosted at the Black Sheep Rugby Club. Students from Tsuma-as, Howitt and Alberni Elementary Schools will train at Alberni Elementary. Students from Maquinna, Wood and Dunn Elementary Schools will train at the Black Sheep Rugby Club. Although they will be training together, during games athletes will represent their own school whenever numbers allow.

Grades 4/5 – 3pm-4pm (AES Coach Megan Patterson)

Grades 6/7 – contact 3-4:30pm (AES Coach Jelena Dyer)

Transportation from Tsuma-as to Alberni Elementary and Maquinna to Dunn Elementary will be provided via the regular SD70 bus schedule. Students from Howitt and Wood Elementary schools should contact their school's rugby sponsor or administrator to arrange transportation to their school's respective training hub sites.

Please retain this season's schedule:

Teams Training @ Alberni Elementary School	Teams Training @ Black Sheep Rugby Club
Alberni Elementary Tsuma-as Elementary Howitt Elementary *Haahuupayak Elementary	Dunn Elementary Maquinna Elementary Wood Elementary *John Paul II Elementary
*Non-SD70 Schools invited to join training sessions	

Training Session Dates @ Hub Site		Gamedays @ Black Sheep Rugby Club	
April 8 th Grade 6/7 Only	April 10 th Grade 6/7 Only	Grades 6/7	April 17 th
April 15 th Grades 4, 5, 6, 7	April 22 nd Grades 4, 5, 6, 7	Grades 4/5 Touch Rugby	April 24 th
April 29 th Grades 4, 5, 6, 7	May 1 st No training	Grades 6/7	May 13 th Jamboree & BBQ
May 6 th Grades 4, 5, 6, 7	May 8 th Grades 4, 5, 6, 7	Grades 4/5 Touch Rugby	May 15 th Jamboree & BBQ
Training 3:00pm - 4:30pm		Games 3:30pm to 4:45pm	

Parents/Guardians must pick up their children from training and games on time. Volunteers should not be asked to wait at either site.

Athletes should come to training and games in athletic wear with runners or plastic cleats. No metal cleats, please! For both flag and contact rugby, athletes are asked to remove all jewelry or sharp clothing. For contact rugby, mouthguards and explicit training on how to tackle and be tackled safely will be provided. Students in Grades 6 and 7 will be trained in how to play full-contact rugby and given the option to play contact or flag on gamedays.

Please return the following forms (consent to play, media release and confirmation of understanding of PRESC philosophy) to their child's school by **April 8th, 2025** to ensure your child's place in this programme.

Darrin Olson

Principal | EJ Dunn Elementary | Pacific Rim School District



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ACKNOWLEDGEMENT OF RISK IN RUGBY

Throughout the year SD70 students are invited to join sports teams. Our District and School Staff recognize the value of these sports teams for the educational, athletic and experiential benefits they provide to students. There is also an understanding that the safety of all participants should always be the primary concern.

While attempting to minimize the risk of injury in each sport, SD70 also feels it is important to inform parents of the nature and frequency of injuries that students may sustain while participating in specific sports. It must also be recognized that the nature and extent of injuries is also dependant on the behavior and actions of the individual player. **We encourage parents if they feel the need to call the coaches of the respective sport or the school administrator to discuss risks and injuries and measures taken to alleviate or reduce them.**

The Grade 4 to 7 spring rugby teams compete in games and play days organized by the Alberni Valley Elementary Sports Council. Select students may also compete in Lower Island Middle School Athletic Association (LMISSA) competition. Our Grade 4/5 teams will participate in a non contact version of flag rugby. Our Grade 6/7 teams will be introduced to a modified game of tackle rugby. Both formats of play are guided by rules and safety guidelines established by Provincial and National Rugby Associations.

In rugby, as it is a contact sport, there is a frequent risk of low-grade bumps, bruises, scrapes, abrasions, minor cuts and minor sprains. These injuries require only basic first aid, which typically heal with no long-term problems. Participants typically continue participating in the activity. Many other sports at the school, including those not necessarily deemed contact e.g. basketball, soccer, also carry similar or greater risks in these areas.

There is also an occasional risk of low-grade concussions, more major bump, bruises, scrapes, abrasions, cuts and sprains, and on occasions a small risk of broken small bones and shoulder dislocations from contact. Injuries of these magnitudes may require more than basic first aid, possibly including a visit to the hospital.

There is also a very small risk, of more severe concussions, eye injuries, long bone fractures and spinal cord injuries, though the latter has never occurred in the school's history and is a very rare occurrence in the sport at all. Obviously, these types of injuries require immediate additional medical care with a doctor or hospital.

To further lessen the risks, the coaches have experience with rugby, most of them are first aid trained and some are qualified as referees. Between us, we have a very thorough knowledge and understanding of all elements of the sport. We are very careful to ensure that we coach correct techniques both in skill terms and also in situations that involve contact, especially at the tackle and scrum. Through doing so, we believe that we reduce the risk to as low a level as possible without completely eliminating it, as rugby is a contact sport.

Coaches will organize practices and games so that students are participating with students of similar skill level and size. Our goal is to make sure the experience is safe, fun, and rewarding for everyone involved. I thank you in advance for your commitment, effort, support, and enthusiasm towards the Elementary School Rugby Game.

Should you have concerns or comments, please do not hesitate to contact me via email dolson@sd70.bc.ca or by phone 250-723-7522.



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CONSENT FOR PROGRAM PARTICIPATION

Rugby specific:

I acknowledge that while coaches and school staff take every reasonable precaution to minimize these risks, injuries and accidents can still occur. Furthermore, I acknowledge that I have read the attached risks related to the sport of rugby.

I, _____ give permission for my son/daughter

_____ to participate in the SD70- Pacific Rim – After School Youth Rugby Program as described above. I understand that my child may be exposed to the risk of injury due to accident while participating in this activity.

Signature of Parent/Guardian:

_____ **Date:** _____

CONSENT FOR MEDICAL TREATMENT:

It is part of our safety procedure that we notify a parent when a child is ill or needs medical attention. When we cannot contact parents and we need to get immediate help for the child, to call for emergency service as soon as possible. Please sign the consent below so that we are able to get immediate help for your child when needed. This consent will be brought with us to the emergency centre.

I hereby give consent for my child _____ when ill or injured to be taken to the emergency center by ambulance when I cannot be contacted. I hereby give consent for my child _____ to receive medical treatment.

Signature of Parent/Guardian:

_____ **Date:** _____

CONSENT FOR PHOTO RELEASE:

I give permission for the image/photo of my son/daughter,

_____, to be used to promote SD 70 – Pacific Rim – After School Arts Program and its partners (example: brochures, photo displays, posters, websites, etc.).

Signature of Parent/Guardian:

_____ **Date:** _____



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PHILOSOPHY AND GUIDELINES FOR PARENTS

PHILOSOPHY:

The aim of Pacific Rim Elementary Sports Council (here after P.R.E.S.C) is to provide opportunities for elementary-aged students to participate in quality extra-curricular sports programs throughout the Alberni Valley and School District No. 70. P.R.E.S.C supports organized sports programs that emphasize the development of healthy attitudes in a positive, enjoyable environment.

It is the responsibility of the coaches and sponsors to provide adequate supervision during all practices and games and to model appropriate attitudes and behaviours. Each coach should teach skills in a positive, supportive manner and be generous with praise and encouragement. The students should be taught respect for each other, the referees, and the coaches. An emphasis should be placed on co-operation, fair play, safety, and general enjoyment of sports. A strong sense of team spirit, of representing one's school with respect, and of pride in one's contribution to any team sport should be paramount.

Finally, whether it be in the regular season or in tournaments and jamborees, participation, and fair play should not be overlooked in the pursuit of success.

As a parent, you play a vital role in helping P.R.E.S.C achieve these goals.

GUIDELINES:

1. Keep comments positive and supportive.
2. Recognize and applaud good play by both teams.
3. Encourage your child to respect the referee's decision and rules interpretation through overt, appropriate modeling.
4. Follow the "24-hour rule" before addressing any concerns. Parents are asked to wait 24 hours before addressing coaches, or school staff about issues related to Elementary Sports. Of course, in situations where player safety or other more urgent types of concerns exist, people were asked to use their own best judgment. Please discuss concerns with the coach discreetly and in a setting other than a game venue or practice.
5. Appreciate that coaches, referees, and other officials are unpaid volunteers giving up their time to provide an opportunity for your child to participate.
6. Recognize that in many cases, just like the players, coaches and officials are also learning their roles. Appreciate that mistakes will be an inevitable part of the learning curve for them all.
7. Understand that P.R.E.S.C has adapted and simplified rules to make them more appropriate to the developmental level of elementary aged children. A good official will further modify interpretation to accommodate skills levels evident in specific games. Therefore, rules may appear different than those evident at other levels.

EXPECTATIONS:

1. That P.R.E.S.C Philosophy and Guidelines for Parents be circulated for signature to parents and guardians of players prior to their participating on an elementary school team.
2. That the Philosophy and Guidelines for Parents be posted at a prominent location near activity venues (i.e. Gymnasium bulletin board).
3. That if a P.R.E.S.C official encounters a situation where a parent or coach does not adhere to this Philosophy and Guidelines, that they request the offending party to leave or suspend play.

I, _____, have read, understand, and agree to follow the P.R.E.S.C Philosophy and Guidelines for Parents as indicated in this handout.

_____ (Parent/Guardian Signature)