



## **Harlequins Rugby Camps Frequently Asked Questions**

### **How much is a Harlequins Rugby Camp?**

Unless stated otherwise, our typical rugby camp prices are as follows: two day camps - £85 per player and three day camps - £105 per player.

### **What does my child need to bring?**

Boots (football/rugby), gum shield (U9s and above), packed lunch – LUNCH IS NOT PROVIDED, appropriate rugby kit (shirt, shorts, socks and wet weather kit if needed i.e. rain jacket warm jumper), hat in case of hot weather (please apply sun screen before camp), plenty of water

### **Do I need to have played rugby before? And is it safe?**

Whether you are an experienced player or completely new to the game, Harlequins rugby camps are suitable for players of all abilities. And yes, very safe. We offer the highest quality of care and provision and never place any child in a situation that we feel they won't be comfortable in.

### **Do I need to be a Member of the host club or school to take part?**

No! Everyone is welcome on a Harlequins Rugby Camp.

### **Who goes on your rugby camps?**

Rugby camps attract boys and girls, some have playing experience, some have never played. It can be daunting if your friends aren't on the camp with you but everyone is there together and you will soon make friends!

### **How many players attend a camp?**

Camp sizes vary from around 35 to more than 100 children but we split into smaller group by age for more focused coaching.

### **How can we see how much they have developed over the week?**

If your child plays regularly we hope you will see the benefits when you next watch them play. For those who are new to rugby then we usually see good improvements on day two and three.

### **What about safety?**





**Harlequins**

The Harlequins Community team have been successfully and safely delivering rugby camps for more than five years. Your child's safety and wellbeing have always been at the forefront of the camp delivery, and you can be assured your child is in capable hands. All our Harlequins selected staff are trained to a minimum of RFU Level 2 and are fully CRB/DBS cleared and first-aid trained. Our coaches also go through the PRL safeguarding course before they are out on camps.

