



**VERULAMIANS
R.F.C**

VISITORS GUIDE

2025-26



FOUNDED 1948

CLUB INFORMATION

Cotlandswick,
London Colney,
Hertfordshire,
AL2 1DW

Telephone 01727 822929
www.VRFC.co.uk

 @thevees

 @verulamiansrfc

 @verulamiansrfc

WELCOME FROM THE CHAIRS

Here at Vees, we strive to be an inclusive club, priding ourselves on being warm, friendly and welcoming. To all players, coaches, referees, and supporters we look forward to watching some great rugby with you through all the age groups, underpinned with the true spirit of the game that we love.

To help navigate the club, we've put together a little welcome pack for guests, which we hope will be useful to you.

Whether this is your first visit here, or if you have an annual guest pass, we welcome you to Verulamians Rugby Football Club.

Thank you for travelling to join us.

Ian Graham
(Chair)

John Penn
(Mini and Youth Chair)

Joy Cheang , Emily Hydes , Sian Riches
(Ladies Co-Chairs)

PLEASE REMEMBER:

THESE PLAYERS ARE KIDS (GRANTED SOME BIGGER THAN OTHERS).

THIS IS ONLY A GAME.

COACHES ARE VOLUNTEERS.

REFEREES ARE HUMAN.

THIS IS NOT THE WORLD CUP!

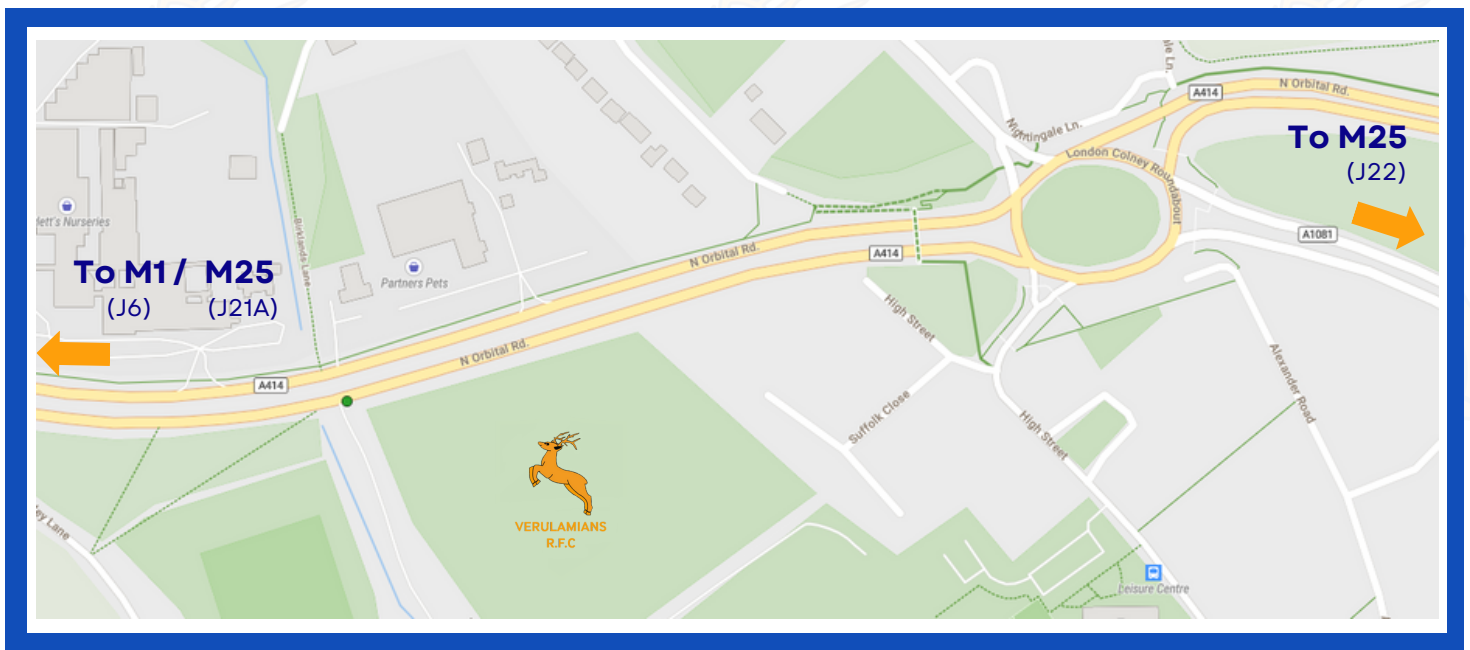
DIRECTIONS TO THE CLUB

From M25:

- Exit at Junction 22.
- Follow the signs to St. Albans taking the London Colney Bypass (A1081) to the main London Colney roundabout.
- Stay in the outside lane which will take you towards Hemel Hempstead (A414 North Orbital Road).
- The entrance to the Rugby Club is approx. 400m on your left, just after a layby.
- There is a single lane entrance into the Rugby Club.

From M1:

- Exit at Junction 6.
- Join North Orbital Road A405 signposted to St. Albans.
- Stay on the North Orbital Road, following the road round to the right at the Chiswell Green Shell Garage.
- At the Park Street Roundabout, take the 3rd exit, signposted towards London Colney, staying on the North Orbital Road (Now the A414).
- At the London Colney roundabout, take the 5th exit back the way you have come (signposted to Hemel Hempstead).
- The entrance to the Rugby Club is approx. 400m on your left, just after a layby.
- There is a single lane entrance into the Rugby Club.



Please take extra care when arriving and leaving as it can be busy during certain periods.

When re-joining the North Orbital Road from the club, it is a left turn only onto the dual carriageway.

SPONSORS



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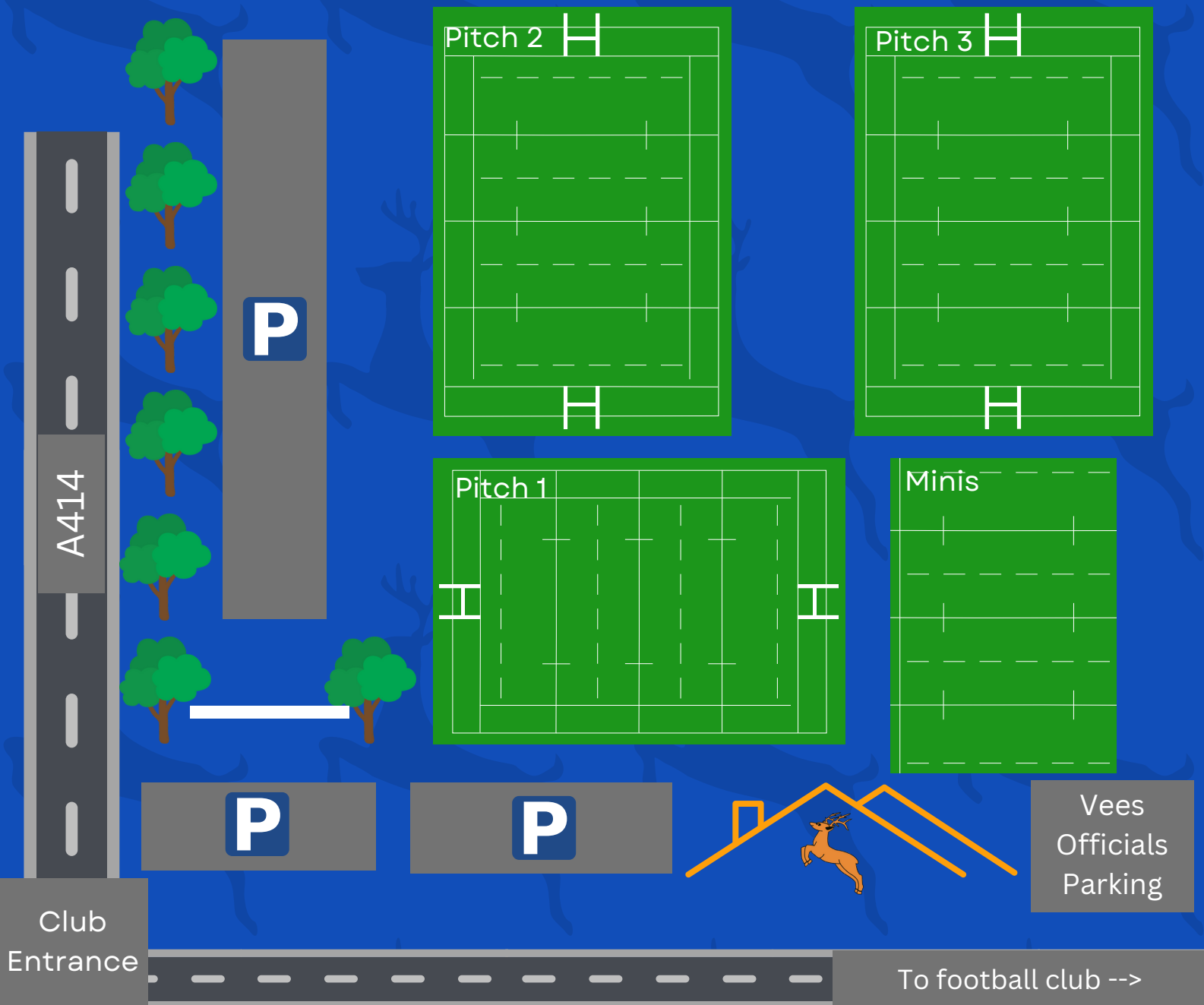
SWW | SUPREME
WEALTH
MANAGEMENT



B Healthy



Sunday Pitch Allocation



To Hemel

Minis: 0915-1045

Juniors: 1130-1300

Irish Club Parking & Clubhouse

Junior allocation will be confirmed on the day

USEFUL INFORMATION

Parking:

We have various areas to park around the club.

Please listen carefully to the marshals on entry as they will direct you to the relevant areas. We ask you to bear with them as we have a small entrance, off a very busy road, with potentially up to 3 separate clubs arriving to park (Rugby, Soccer & Irish Club).

If you arrive early, please utilise the main car park (beware of height restrictors).

Our largest car park is the on-field parking, immediately left as you come off the main road entrance. It is part hardstanding and the grass area is matted. In wet weather we tend to direct 4x4 cars onto the field car park.

Bigger vehicles are able to park under the trees in the lead up to the main car park.

The car park to the rear of the clubhouse is reserved for Verulamians RFC officials and coaches.

We also have use of the St. Albans Irish Association Club's car park as long as we park within the coned off area.

Where possible, we ask parents to try and not leave before 9.45am. This will allow arriving cars to enter the club site and minimise blocking the access road.

Dogs:

We welcome well behaved dogs, kept on a leash. Please ensure you pick up after your dog and dispose of any waste in the bins outside the clubhouse.

First Aid:

There will be at least one trained first aider on site. In line with RFU guidelines, visiting teams aged U14 and above are required to bring their own first aid provision.

If required, the first aid room is located within the clubhouse, and there is a defibrillator behind the bar.

In the event of an injury, club first aiders are required to report any incidents using the RFU ProActive Reporting system (<https://proactivereporting.com/>).

We request that any visiting teams that have serious injuries and require visits to hospital or enactment of concussion protocols are reported to our First Aid Co-ordinator Lindsay Digweed at LDigweed@googlemail.com. It is the responsibility of the players' parent club to report the incident to the RFU.

Match Food:

Food will be offered to the players after matches.

Minis will be served hot dogs, either from the clubhouse or brought to the pitch.

Vegetarian options will be available. Please inform the home team coach of any vegetarian or specialist dietary requirements before matchday.

Other Food:

A selection of other food and hot drinks are available for purchase from the kitchen hatch. If you have a reusable cup, we encourage you to bring that for hot drinks, and you will also earn a discount on your beverage. Items can be purchased with cash or card.

Bar:

Soft drinks and snacks are available from the bar from 10am and alcohol will be served from 11am. Purchases via cash or card.

Club Shop:

The club shop is open most Sunday mornings from 9.30am where you are be able to purchase a mouthguard or second-hand kit and boots at a very reasonable price.

Changing Rooms:

Each Junior away team will be allocated a changing room on arrival.

If they are not in a satisfactory condition when you arrive, please inform a member of the coaching team. It would be appreciated if the changing rooms are left tidy after all matches, using the bins provided.

Changing room keys can be collected from behind the bar.

Each key will require a deposit eg. wallet, mobile phone or car keys.



**Please Ensure boots are removed
before entering the clubhouse.**

Thank you



BRING YOUR MUG TO THE CLUB



25% OFF
all hot drinks

Help us to reduce waste

Expected Behaviour

Coaches & Subs:

For Junior matches, the home coaches will mark out the technical areas for both home and away coaches and subs in line with current RFU and Herts guidelines.

Please remain within these areas unless tending to an injured player, taking water onto the field or bringing on the kicking tee.

Subs may leave the area to warm up and it is recommended this is done behind the posts or in the training area.

Spectator Behaviour:

This season all Junior games require respect barriers.

Only players, coaches and first aiders from each team are allowed near the pitch. We request that all spectators remain behind the barriers during the match.

OUR PLEDGE

WE WILL ALWAYS:

- Treat others with respect and dignity, including all officials, spectators, coaches, and players, whether from the club or visitors.
- Be magnanimous in victory and gracious in defeat.
- Work together to create a positive and welcoming club environment.
- Encourage a healthy environment, where skill development, enjoyment and teamwork are promoted.
- Take ownership in ensuring that we are up to date with all club rules, policies, and procedures, and that they are in keeping with the values of the club.

WE WILL NEVER:

- Tolerate abusive, threatening, or intimidating behaviour and instances of this behaviour will be challenged and reported.
- Challenge, or encourage others to challenge, the decision of any match official.
- Enter the field of play, unless instructed otherwise by match officials.
- Use inappropriate language towards people at the club.
- Tolerate cheating or manipulation of competition.

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**THANK YOU FOR
VISITING, WE WISH
YOU A SAFE
JOURNEY HOME.**

