

Penrith Pumas WRC C.I.C

Core Values

Mission

The aim of Penrith Pumas WRC C.I.C is to provide individuals living within Cumbria and the surrounding areas the opportunity to participate in the only full-contact Paralympic sport of Wheelchair Rugby.

The sport will be played in accordance with the rules of the sport (including rules for any disciplines of the sport) set out by the World Wheelchair Rugby (WWR) [WWR – World Wheelchair Rugby](http://www.wwr.org.uk) and by Great Britain Wheelchair Rugby Ltd (GBWR). [Great Britain Wheelchair Rugby – Welcome to Great Britain Wheelchair Rugby \(gbwr.org.uk\)](http://gbwr.org.uk)

To form a team of 12 players to enter the Wheelchair Rugby 4's league and to have a team eligible to play in the Wheelchair Rugby 5's league also to offer the sport to more individuals with a range of physical impairments.

To train local members of the community to participate alongside the team to learn the discipline, be a part of the team, learn new skills, improve their physical and mental wellbeing, be a part of a wider family and feel like they have a purpose in life again.

To offer volunteering opportunities to friends, family, sponsors, funders of Penrith Pumas, opportunities include:

- Table Officiating – there are 4 roles involved within this and there is a pathway with GBWR to progress this role with opportunities to become an International Table Official for matches.
- Refereeing – There are 2 Ref's on court for each game, again as above there is GBWR pathway for referees to complete.
- GBWR also deliver Level 1 and Level 2 Coaching courses that we would like to progress some of the team through and other members of the community who show dedication and passion for the sport.
- Club Welfare Officer (CWO)– is another role that GBWR support with the Time to Listen Course and UK Coaching Safeguarding courses. This role is a Safeguarding role every club must have a CWO.
- Mechanic – this is for anyone who is interested in tinkering maintaining our chairs, changing tyres and inner tubes, greasing casters and general repairs that's needed.
- Social media – supporting our social media platforms of Twitter, Facebook, Instagram, Snapchat, Linked In, TicTok keeping our platforms up to date
- Fundraising / donations / sponsorship – anyone who has a passion, skills, background in fundraising, building sponsorship networks. This is a key role to ensure the club keeps running



To ensure a duty of care to all members of the club, through having a CWO in place, policies and procedures, physios, and a hierarchy structure for members to follow for support.

To provide equal opportunities for all members of the community no matter what their background is, age, disability, race, gender etc. We are an all-inclusive club, welcoming diversity and celebrating equality.

To promote the positive impact that participating in 10 minutes of moderate physical activity provides both physical and mental health benefits to the individual. Research shows that individuals who are inactive have 3 times the rate of moderate to severe depression of active people. Low physical activity is one of the top 10 causes of disease and disability in England. From playing a Team Sport every week individuals will benefit from some or all of the following:

- Improve fitness
- Build confidence
- Have a sense of purpose
- Improve mental wellbeing
- Increase self-esteem
- Feel part of the community



Everyone involved with Penrith Pumas WRC C.I.C are expected to follow the core values of the sport which are:

Enjoyment: We want everyone who includes wheelchair rugby in their lives, whether as a player, a member of staff, an official or a volunteer, to love



everything about the sport: the excitement, its contact, and the feeling of belonging to a community.

Excellence: Everyone involved will strive to be the best at everything they do.

Trust: The wheelchair rugby family believes in honesty, integrity, and fair play.

Respect: People involved with the game and all who come into contact with the sport have respect for one another.

Inclusiveness: Wheelchair rugby is open to anyone who shares our values of the sport. People will help each other to reach their goals: treating them fairly and equally.

Teamwork: All those in wheelchair rugby are part of a team and part of the wheelchair rugby family.

Our values are reflected from GBWR Codes of Conduct. Penrith Pumas WRC C.I.C will only work with partners, funders, sponsors, players, volunteers, officials who respect our values and demonstrate a commitment to them.

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Penrith Pumas Wheelchair Rugby Club

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