**Allianz Inner Warrior Camps**

**FAQ**

**What is an Allianz Inner Warrior Camp?**

Hundreds of camps are organised by clubs across England during 2 weeks in October and again in January. The camps are an opportunity for clubs to recruit and introduce new women and girls to their club. Each camp is led by the club and what the session looks like can vary depending on the age, ability and number of people attending. There is a session plan available to provide guidance. We recommend each camp should last about 2 hours with time to welcome new players, warm up, introduce players to take part in some fun games and activities, finishing with the opportunity for players to socialise and ask questions about their next opportunities. Camps can be run at any time of the year but if you choose to run your camp during the England Rugby campaign window in October or January we will support you with resources and help to promote your camp as part of the national campaign and also within your local community.

**How do I register for a camp?**

Register your January camp by the 4th December using this [link](https://app.smartsheet.com/b/form/2b7fdb94f9e048ddb8b1566a9a5d5961).

**Is it difficult to organise a camp?**

Not at all 😊 England Rugby will provide you with resources and guidance information, but you will need the full support of your club to run a successful camp. You will need a team of volunteers to help with promoting the camp, running the session on the day, welcoming and supporting the participants to make sure they feel part of the club, then afterwards you will need follow up with everyone to provide them with opportunities to come back to your club.

**What kind of activities should the camp include?**

We have prepared a session plan to help you plan and deliver a fun and welcoming experience. We have also created a video of top tips that will help you to deliver a session suitable for a range of abilities.

**How long should a camp be?**

We recommend about 2 hours in total. Allow about 30 minutes for registration and arrivals, 60 minutes for warm up, activity and cool down and then another 30 minutes for participants to socialise with each other, current players and volunteers at the club. This is a great opportunity to showcase what it feels like to be a part of your club and let people ask questions so they feel confident to come back again.

**Do I have to return the feedback form?**

Yes! If you don’t you will miss out on the opportunity to win 2 x 20 tickets for your team to attend the Red Roses v Ireland Six Nations fixture at Twickenham. It also really helps us to plan and improve the delivery of Allianz Inner Warrior camps in the future.

**I want to run a camp outside of the national camp, can I?**

Absolutely! It just means that we will not be able to promote your camp or set up the Facebook Event for you, but you can create your own event with the imagery and assets that are available on our [website](https://rfu.sharepoint.com/sites/RugbyGrowthOperations/Shared%20Documents/Growth%20Operational%20Folders/W%26G%20Campaigns/Allianz%20Inner%20Warrior/Documents%20for%20clubs%202324/at%20www.englandrugby.com/resources).

**Can I run a women and girls’ event at the same time?**

Yes, but you will need to work with your Club Safeguarding Officer and make sure you adhere to the RFU Safeguarding Policy and Guidance and RFU Regulations 15. You will need to plan your session appropriately so that you provide a suitable environment that is safe and where everyone feels comfortable.

**Can I run an Allianz Inner Warrior camp in both October and January?**

You can run multiple camps in one window, a camp in October and January or just one camp a year! There are some great examples of clubs that have run multiple camps with different focuses at different times, such as a mums and daughters camp, club friends and relatives camp, complete beginners camp etc. It can also be organised as the final event to a 4 week programme or fitness boot camp.

**What is the benefit of running a camp during the campaign windows?**

During the campaign windows England Rugby will be promoting the camps around the Red Roses fixtures and will also pay for localised Facebook ads for each Allianz Inner Warrior Camp and promote the camps to local media outlets.

We also create the Facebook event and we will add it to our [findrugby.com](https://www.englandrugby.com/find-rugby) webpage.

There is also the benefit of extra England Rugby stash for participants, organisers and the chance to win tickets to a Red Roses fixture!

**Who in my local community should I engage with to promote my event?**

Make use of your network of players, volunteers, partners, friends and families to get your camps promoted on as many individuals’ social media pages and community groups as possible. If you have partner organisations, schools and colleges that you work with you can ask them to share on your behalf. It is also a great opportunity to contact your local press, BBC or radio station to see if they can help promote or even attend the event. We have provided a template press release that will help you with this.

**Do I get anything for running a camp?**

Hopefully you will recruit lots of new players for your teams, which is the best reason to run a camp. We will also provide you with water bottles that you can share with volunteers and participants that attend the camp. As a small thank you for the camp organiser you will receive a rucksack.