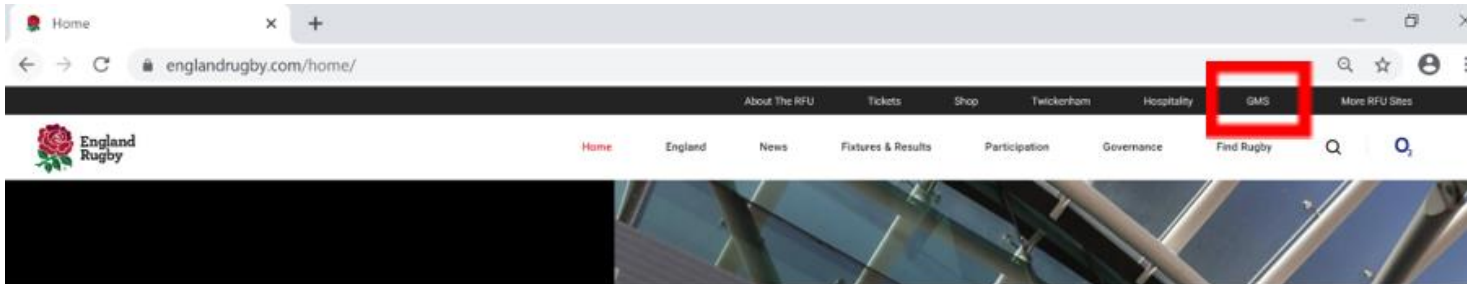


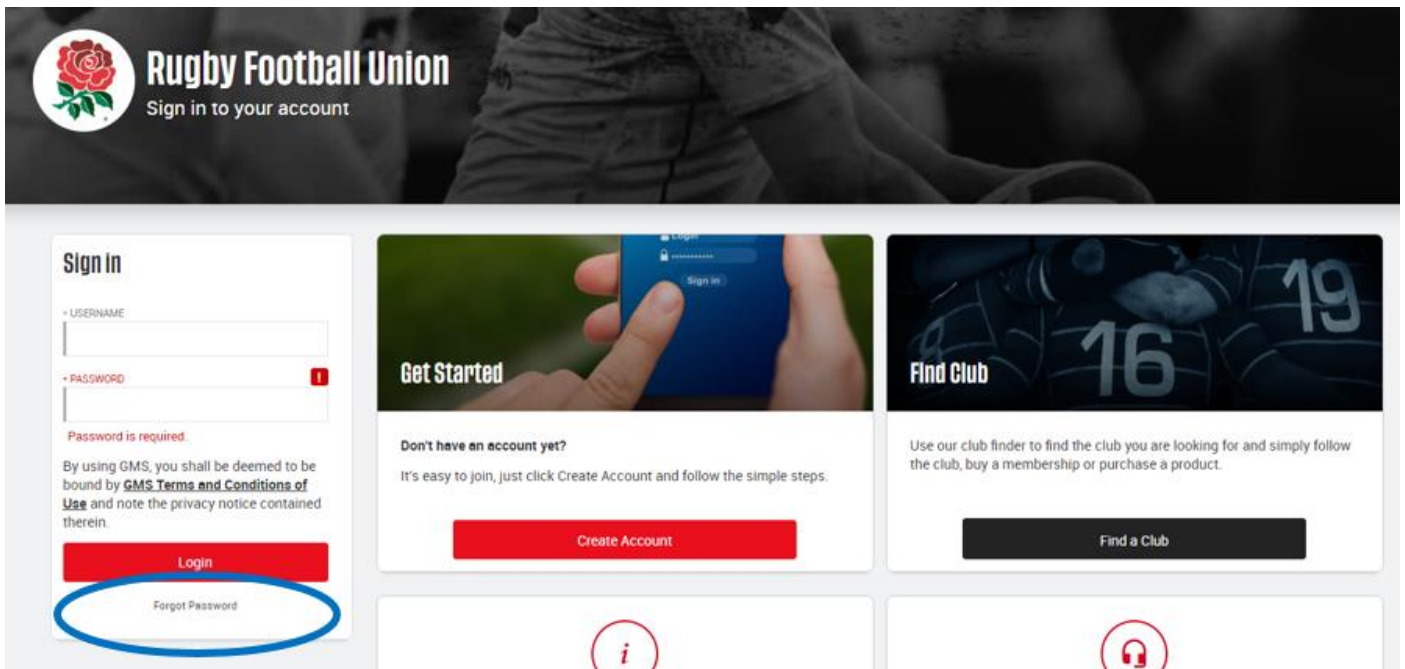
HOW TO RESET YOUR GMS PASSWORD

Click [HERE](#) to go to the GMS sign on page.

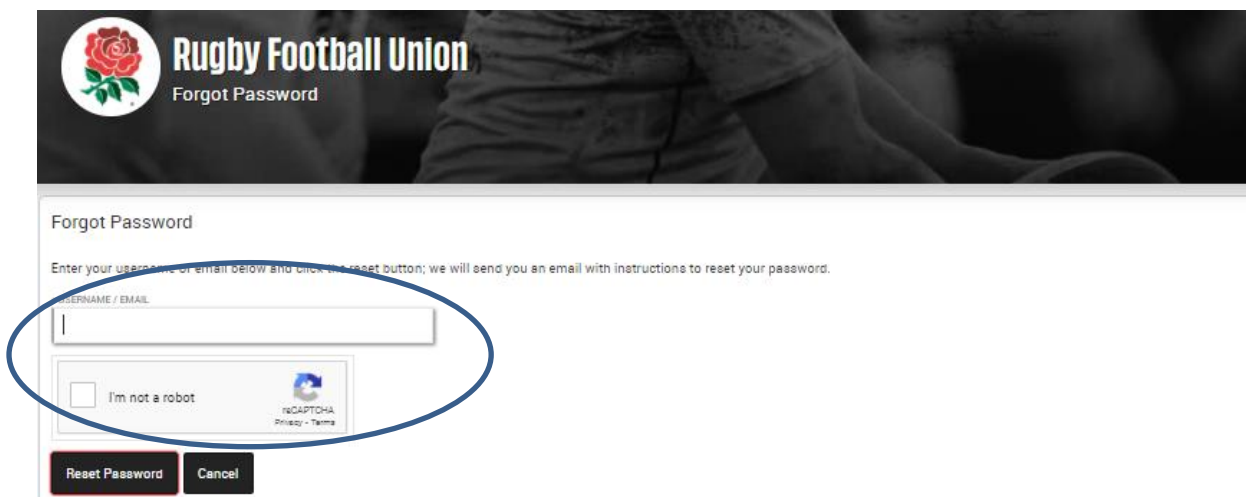
If you experience problems with this process please contact John Strickland (john.strickland@tabardrfc.com) who will be able to help you.



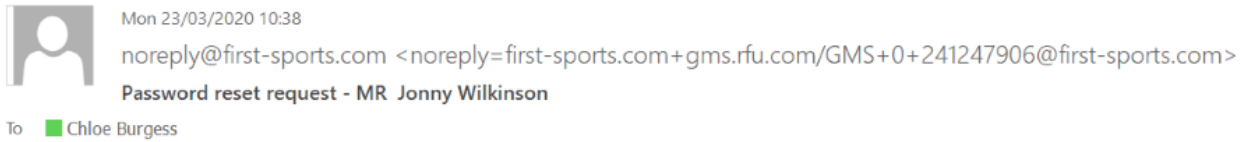
1. Click on the Forgot Password link. to enter your registered email address/es, or user name (if you know it) to go to the reset password page



2. Please follow the instructions to enter your username (if known), or email address. Tick the Captcha box to confirm you are not a robot and click on Reset Password.



3. You will be sent an email with a link to reset your password:



Dear Jonny,

Thank you for your request to change your password. Please click the link below in order to reset password for user name "jwilkinson123".

[Reset Password](#)

Please note that this link will expire by

25 March 2020 10:37

If the link has expired, you can request a new email by following the Forgot Password process again.

4. Click on the Red Reset Password link in the email to take you to Reset Password, page. Please note passwords must be at least 8 characters long, and contain an upper case character, a lower case character, a special character and a number.

Once you have changed your Password, you will be prompted to sign back into GMS, with your new password and your user name shown on your email notification and will land on your Personal Profile Dashboard.

**If after 48 hours and checking your email Junk/Spam and Deleted folders, and you still haven't received a reset email notification, then please submit a ticket for further assistance. If this link expires, then click on the Forgot Password again.

After signing into GMS, you may be asked to verify your account if not done so already. This will appear on the left hand side of the page in a red box, choose 'Re-send Verification', at which point you should receive an email containing a verification link. Please note, this email can be delayed, so please do allow 24 hours for this email to arrive.