



## Appendix 7.4.a ; The Good Coaches Code

Young people come into Rugby Union for a variety of reasons; it is the duty of the coach to recognise this and stimulate continued participation. Coaches have a responsibility to ensure that all youngsters are given the opportunity to fulfil their aspirations in a caring environment where the emphasis is on:

### **Teamwork Respect Enjoyment Discipline Sportsmanship**

#### **In Rugby Union coaches should:**

- Recognise the importance of fun and enjoyment when coaching young players. Most learning is achieved through "doing."
- Appreciate the needs of the players before the needs of the sport.
- Be a positive role model - think what this implies.
- Keep winning and losing in perspective - encourage young players to behave with dignity in all circumstances.
- Respect all referees and the decisions they make (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
- Provide positive verbal feedback in a constructive and encouraging manner, to all young players both during coaching sessions and games.

#### **In Rugby Union coaches of young players must:**

- Provide experiences which are matched to the young players' age and ability, as well as their physical and mental development.
- Ensure all youngsters are coached in a safe environment - is there adequate first aid readily to hand?
- Avoid the overplaying of the best players by using a squad system, which gives everybody a satisfactory amount of playing time.
- Never allow a player to train or play when injured.
- Ensure good supervision of young players, both on and off the field.
- Recognise that young players should never be exposed to extremes of heat, cold, or unacceptable risk of injury.
- Develop an awareness of nutrition as part of an overall education in lifestyle management.
- Recognise that it is illegal for young players under 18 to purchase alcohol.
- Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy.
- Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.
- Be aware of, and abide by, the policies and procedures outlined in the RFU child protection guidance booklet.

#### **Remember:**

- Coaches working with young players up to the age of 12 must follow the guidelines laid down by the RFU continuum.
- Coaches working with young players age 13+ must be aware of the under 19 and under 15 Law variations, including those that apply to cross border matches.