



CHICHESTER Rugby Football Club

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COMMUNITY RUGBY
ACTIVE SPORTS
SEAL OF APPROVAL

CHICHESTER RFC - GOOD COACHES' CODE

Coaches of players should:

- (a) Recognise the importance of fun and enjoyment when coaching players.
- (b) Understand that most learning is achieved through doing.
- (c) Appreciate the needs of the players before the needs of the sport.
- (d) Be a positive role model – think what this implies.
- (e) Keep winning and losing in perspective – encourage players to behave with dignity in all circumstances.
- (f) Respect all referees and the decisions they make, even if they appear to make a mistake, (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
- (g) Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
- (h) Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.
- (i) Ensure all players are coached in a safe environment, with adequate first aid readily to hand.
- (j) Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
- (k) Never allow a player to train or play when injured.
- (l) Ensure good supervision of players, both on and off the field.
- (m) Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.
- (n) Develop an awareness of nutrition as part of an overall education in lifestyle management.
- (o) Recognise that it is illegal for players under 18 to drink alcohol or for those under 16 to smoke. Coaches should actively discourage both.
- (p) Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy.
- (q) Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.
- (r) Be aware of and abide by the policies and procedures outlined in the Policy and Procedures for the Welfare of Young People in Rugby Union.
- (s) Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.

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