

Section 11 - CODES OF CONDUCT

THE GOOD COACH'S CODE

In rugby union, coaches of young players 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' ages and abilities, as well as their physical and mental development.
- ensure all youngsters are coached in a safe environment, with 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 drink 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.

Important note:

Coaches working with young players up to the age of 12 must follow the guidelines laid down by the RFU Rugby Continuum.

Coaches working with young players aged 13+ must be aware of the Under 15 and Under 19 law variations, including those that apply to cross border matches.



MILK SHAKEN UP