

THE GOOD COACH'S 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 fun, enjoyment and skill development.

In Rugby Union coaches should:

- *Recognise the importance of fun and enjoyment when coaching young players.*
- *Understand that 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 that 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, 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.*
- *Be CRB cleared.*

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.*