



HELLINGLY RUGBY FOOTBALL CLUB C.I.C.

Lower Horsebridge, Hailsham, East Sussex. BN27 4DJ

THE COACHES CODE

REMEMBER. COACHES WORKING WITH YOUNG PLAYERS UP TO THE AGE OF 12 MUST FOLLOW THE GUIDELINES LAID DOWN BY RFU RUGBY CONTINUUM. COACHES WORKING WITH PLAYERS AGED 13 MUST BE AWARE OF THE UNDER-15 AND UNDER-19 LAW VARIATIONS, INCLUDING THOSE THAT APPLY TO CROSS-BORDER MATCHES.

AS A COACH YOU MUST:

1. Ensure all players are coached in a safe environment, with adequate first aid readily to hand.
2. Recognise that all players should never be exposed to unacceptable risk of injury, nor allowed to train or play when injured nor to face extremes of heat or cold.
3. Ensure safe and proper supervision of young players, on and off the field.
4. Develop an awareness of nutrition as part of players education in lifestyle management.
5. Recognise that it is illegal for players under 18 to drink alcohol or for those under 16 to smoke. By your conduct and example, actively discourage both.
6. Ensure that your knowledge and coaching techniques are up to date and in line with RFU philosophy.
7. Avoid overplaying any player; use a squad system to give every player satisfactory playing time.
8. Be aware of, and abide by, the policies and procedures that the RFU require for Child Protection, the Safety of Young People in Rugby and for young players tours.
9. Recognise when coaching, the importance of enjoyment for all players and treat all fairly.
10. Understand that most learning is achieved through doing.

11. Appreciate the needs of the players before the needs of the sport.
12. Be a positive role model, encourage young players to behave in all circumstances with dignity and in accordance with the laws and to keep winning and losing in perspective.
13. Respect referees and their decisions; ensure your players recognise that they must do the same.
14. Provide positive verbal feedback in a constructive and encouraging manner, to all players in both coaching sessions and games.