



Launceston Rugby Club Mini Juniors

Coaches code of practice

Our aim:

- All players have their rugby journey supported by coaches and referees who are player-centred and skilled in the holistic development of young people.
- The coaches and referees are competent and confident in key coaching processes, rugby specific knowledge and the application of RFU regulations. They put the welfare, as well as the wants and needs of young players, first.
- All coaches should read this code of practice in conjunction with the RFU Age Grade Rugby Codes of Practice. <https://www.englandrugby.com/participation/coaching/age-grade-rugby/codes-of-practice>

All mini junior coaches must:

- ❖ Undertake appropriate vetting (enhanced DBS) according to RFU Guidelines.

All Head coaches must:

- ❖ Undertake an RFU Level 2 coaches' course.
- ❖ Be First Aid qualified.
- ❖ Complete Play it Safe eLearning course (www.englandrugby.com/headcase)
- ❖ Have committed to COP
- ❖ RFU UKCC Coaching / Refereeing Qualification.
- ❖ Take at least one CPD annually.

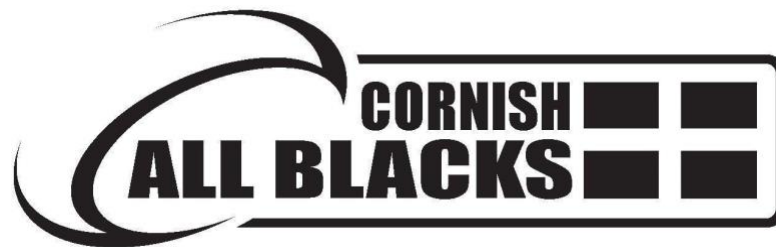
It is expected that all assistant coaches will aspire to:

- ❖ Get qualified
- ❖ Be up to date with current methods and confident in their knowledge of the rules.
- ❖ Have completed safeguarding and first aid training.

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

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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 at least half a game playing time.

<https://www.englandrugby.com/participation/coaching/age-grade-rugby/half-game>

- 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.

Coaches will agree to:

- ❖ Conduct yourself in an appropriate manner as an exemplary role model to the players in your age group and others – this includes no smoking or drinking alcohol, no dissent towards fellow teams, coaches or officials nor using bad language whilst responsible for the players.
- ❖ Commit to assisting the club for at least a season if the club has paid for you to attend First Aid, Rugby Ready course or referees' courses to a certificated level.
- ❖ Commit to assisting the club for at least 2 seasons, fir the club has paid for you to attend level 1 coaching course or above.
- ❖ Uphold the agreements above and all Launceston RFC club policy. If you cannot uphold this agreement for any reason, you may be asked for a contribution to the cost of training, to resign from coaching/assisting Launceston RFC.

REMEMBER: COACHES WORKING WITH YOUNG PLAYERS BELOW THE AGE OF 18 MUST FOLLOW THE GUIDELINES LAID DOWN BY RFU RUGBY AGE GRADE REGULATIONS.

All coaches will be asked to sign to say they have read and will abide by the Coaches Code of Practice.

Teamwork - Respect - Enjoyment - Discipline - Sportsmanship

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