

Training Matrix Coaches

Course	Min Age	Description	Cost	Who	
Introduction to Safeguarding	16	eLearning – 30 minutes For everyone working in rugby union who is providing supervised or unsupervised instruction to have a basic understanding of what is meant by safeguarding and protecting young people.	Free	Everyone at SRUFC who through volunteering for the club come into contact with those under 18 years old or Adults at Risk.	Everyone
Play it Safe	16	2.5 hours For any volunteer, coach or match official who is working with or has responsibility for children and vulnerable adults.	£20	Everyone at SRUFC who through volunteering for the club come into contact with those under 18 years old.	
Headcase Concussion Awareness	14	eLearning – 30 minutes This course explains what concussion is, how it happens and what individuals can do to help players avoid injury and return safely to play following a concussion.	Free	All those involved in coaching or assisting any age group. Note: There is also a course available online for parents.	
Kids First Tag Rugby	14	2 hours For those coaching and refereeing U6-U8 players. This course supports the development of active, purposeful, enjoyable and safe tag rugby environments for children. Participants will also learn the rules and practice refereeing tag rugby.	£20	At least 2 designated persons per age group.	U6 to U8
England Rugby Coaching Award	16	2 days + monthly webinars and online community of practice. Entry point for those coaching U12 and above. This course provides coaches with the knowledge, skills and attributes to safely and effectively coach young players and adults.	£100	All lead and assistant coaches at SRUFC coaching U9's and above.	U9s and above
Tackle Safe	14	eLearning – 30 minutes Competence in tackling and taking a tackle is critical in developing a safer and more enjoyable game. This course helps to support safe, effective coaching and officiating of the tackle.	Free	All those involved in coaching or assisting any age group.	
Kids First Contact Rugby	14	2 x 3 hour sessions This course is for coaches, referees and teachers new to contact rugby. It will help participants to safely coach and referee the contact areas of the game and it is recommended that everyone coaching or refereeing contact rugby has completed this course.	£50	At least 2 designated persons per age group.	
Principles of Scrummaging	14	2 hours This course explores the England Rugby principles of Scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching.	£20	At least 2 designated persons per age group who want to coach scrummaging Note: scrummaging must not be coached by unqualified persons.	U10s and above
Game Changers	14	1.5 hours This workshop focuses on developing meaningful games based practices to effectively facilitate player development in a fun and inclusive environment. Participants will be helped to understand the key principles of effective game zone design.	Free	At least 2 designated persons per age group.	
Principles of Lineout	14	2 hours This course explores the England Rugby principles of the lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	£20	At least 2 designated persons per age group who want to coach scrummaging. Note: Lineout must not be coached by unqualified persons.	U14s and above

Training Matrix Volunteers

Course	Min Age	Description	Cost	Who
Introduction to Safeguarding	16	eLearning – 30 minutes For everyone working in rugby union who is providing supervised or unsupervised instruction to have a basic understanding of what is meant by safeguarding and protecting young people.	Free	Everyone at SRUFC who through volunteering for the club come into contact with those under 18 years old.
Play it safe	16	2.5 hours For any volunteer, coach or match official who is working with or has responsibility for children and vulnerable adults.	£20	Everyone at SRUFC who through volunteering for the club come into contact with those under 18 years old.
In Touch		3 hours This three-hour workshop will be organised by the Constituent Body Safeguarding Manager or the Rugby Development Officer for your CB and is free to Club Safeguarding Officers, who will receive accreditation.	Free	Targeted at Club Safeguarding Officers
England Rugby Refereeing Award	14	2 days + monthly webinars and online community of practice. Entry point for those refereeing U12 and above. Provide coaches with the knowledge, skills and attributes to safely and effectively referee young players and adults.	£75	Those wanting to referee U12's and above.
Emergency First Aid in Rugby Union	16	1 day The EFARU course provides learners with the skills, knowledge and understanding to give care and manage minor injuries, focusing on those occurring in a rugby setting. The course sits on the national qualification framework (Level 3 Emergency First Aid at Work) and is transferable into the workplace.	£75	Designated age group first aider. Must be at least two per age group.
These FREE to access eLearning modules for coaches, match officials and volunteers are designed to support learning on face to face courses and can also act as stand-alone updates or refreshers.				
Kids First Tag Rugby		eLearning - Kids First Tag Rugby	Free	As above
Kids First Contact Rugby		eLearning - Kids First Contact Rugby	Free	As above
Principles of Scrummaging		eLearning - Principles of Scrummaging	Free	Those coaching U11 up
Game changers Masterclass: Breakdown		eLearning - Masterclass	Free	Those coaching U10 up
Activate		eLearning - Activate Injury Protection	Free	All coaches at SRUFC
Emergency First Aid in Rugby Union		eLearning - EFARU	Free	As above
Inside 7's		eLearning - Inside 7's	Free	Those wishing to coach 7's