

Colchester Rugby Football Club

Code of Conduct: Coaches

Colchester Rugby Football Club Ltd "the club"

1. Coaches of players should:
 - a) Recognise the importance of fun and enjoyment when coaching players.
 - b) Understand that most learning is achieved through doing.
 - c) Appreciate the needs of the players before the needs of the sport.
 - d) Be a positive role model – think what this implies.
 - e) Keep winning and losing in perspective – encourage players to behave with dignity in all circumstances.
 - f) Respect all referees and the decisions they make, even if they appear to make a mistake, (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
 - g) Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
 - h) Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.
 - i) Ensure all players are coached in a safe environment, with adequate first aid readily to hand.
 - j) Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
 - k) Never allow a player to train or play when injured.
 - l) Ensure good supervision of players, both on and off the field.
 - m) Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.
 - n) Develop an awareness of nutrition as part of an overall education in lifestyle management.
 - o) Recognise that it is illegal for players under 18 to drink alcohol or for those under 16 to smoke. Coaches should actively discourage both.
 - p) Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy.
 - q) Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.
 - r) Be aware of and abide by the policies and procedures outlined in the Policy and Procedures for the Welfare of Young People in Rugby Union.
 - s) Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.