



Norwich Union RFC
Coaches Code of Conduct
October 2015

The COACHES CODE OF CONDUCT

Norwich Union RFC coaches of players should;

- Recognise the importance of fun and enjoyment when coaching 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 players to behave with dignity in all circumstances.
- Respect all referees and the decisions they make, even if they appear to make a mistake ensure that players recognise that they must do the same.
- Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
- Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.
- Ensure all players 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 players, both on and off the field.
- Recognise that 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 players under 18 to drink alcohol or for those under 16 to smoke. Coaches should actively discourage both.
- 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 Policy and Procedures for the Welfare of Young People in Rugby Union.

- Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.

