BARNSTAPLE RUGBY FOOTBALL CLUB

THE GOOD COACHES' CODE

Coaches of players will:

(a) Recognise the importance of fun and enjoyment when coaching players.

(b) Understand that most learning is achieved through doing.

(c) Be a positive role model - think what this implies.

(d) Keep winning and losing in perspective - encourage players to behave with dignity in all circumstances.

(e) Respect all referees and the decisions they make, even if they appear to make a mistake, and ensure at the players recognise that they must do the same.

(f) Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.

(g) Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.

(h) Ensure all players are coached in a safe environment, with adequate first aid available.

(I) Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.

(j) Never allow a player to train or play when injured.

(k) Ensure good supervision of players, both on and off the field.

(l) Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.

(m) Develop an awareness of nutrition as part of an overall education in lifestyle management.

(n) Recognise that it is illegal for players under 18 to drink alcohol and those under 16 to smoke. Coaches should actively discourage both.

(o) Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy.

(p) 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.

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

(u) Support the DPD programme.

(v) put into practice the clubs core values,

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Teamwork

Respect

Enjoyment

Discipline

Sportsmanship

Inclusive

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