

## **HENLEY RFC**

### **THE GOOD COACHES CODE**

#### **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 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 a satisfactory amount of playing time.

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.