



## Millbrook RFC Junior Section

# Code of Conduct for Coaches

Any coach working with young players within Millbrook Junior Rugby is part of a structure, which has many stakeholders, and as such he / she has responsibilities to all of them.

This code has been written to remind or inform coaches of those responsibilities and the minimum standards of behaviour commensurate with fulfilling them.

### Players

1. Rugby is part of players' lives. Recognise and allow for it in your demands on them.
2. Treat games against other clubs as lessons, opportunities to learn, not as tests.
3. Rugby is for everyone. Millbrook Junior Rugby is for everyone. Do not rely on 'star' players and never make any player feel like a 'spare part'. Share game time and your time in practise sessions equally.
4. Never ridicule any player. Never belittle any player. Always make every player feel valued.
5. Find out what makes each player tick. Know about their family background and their other interests. Be able to spot and then explain changes in their behaviour.
6. Find out the facts about child development and the physical, intellectual and emotional capabilities of the age group you work with.

### Rugby Union

1. Rugby is a potentially dangerous game, which relies on every participant playing it in a spirit of mutual respect. Teach the players you work with the meaning of 'fair play' and set them a good example.
2. Rugby works best when sides are evenly matched. Where appropriate, insist on mixing and matching ill-matched teams.
3. Some people with masses of experience went to a lot of trouble to construct the Continium. Understand it and abide by it, to the letter. You have no option, the Continium is part of the Laws of the Game.
4. Learn the Laws and learn to Referee.
5. Teach players, by your own example, to respect the Referee. Always!



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### Coaching

1. When you call yourself a coach you apply to join an elite; when others call you a coach you have achieved membership. You owe it to yourself and to all other coaches to behave as a coach:
  - a. Always look like a coach, always act like a coach.
  - b. Start on time and finish on time.
  - c. Plan your season
  - d. Plan your sessions
  - e. Do not drink alcohol before you work, or while you are working.
  - f. Do not smoke when you are working.
2. To be a coach, you need up to date information on coaching issues and Rugby issues. Stay in touch.
3. You are responsible for the safety of the players you work with:
  - a. Mark out a safe work area and keep it safe. Make sure equipment is in good repair and safe.
  - b. Do not encourage or allow players to play on an injury. Refer injured players to their doctor, physiotherapist or better still a sports injury clinic.
  - c. In the event of an injury occurring ensure an immediate assessment is made. If insufficient medical knowledge is present - DIAL 999. Give precise details of the injury and the location. Ensure an individual is delegated to meet and direct the ambulance.
4. Do not put yourself in a position where you could be suspected of, or accused of, physical or sexual abuse of any child associated with the club. Never be alone with individuals behind closed doors.
5. Tell the players and keep telling yourself that winning and losing are only by-products of performance. We are there to play and to enjoy playing, nothing more.
6. Be aware that The Children's Act specifically states that children Under 6 years of age must be accompanied by their parents or guardians.
7. All rugby coaches must respect the rights, dignity and worth of every young person with whom they work with and treat them equally within the context of rugby union.
8. All rugby coaches must place the physical and emotional well being of all young players above all other considerations, including the development of performance.



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9. The relationship that a rugby coach develops with the players with whom they work must be based on mutual trust and respect.
10. All rugby coaches should clarify with the young players (and their parents/carers) what is expected of them both on and off the rugby field and also what they are entitled to expect from the coach.
11. All rugby coaches should work in partnership with others within the game (officials, doctors, physiotherapists and sports scientists) to ensure the well being, safety and enjoyment of all young players.
12. All rugby coaches must promote the positive aspects of the sport, e.g. fair play. Violations of the Laws of the Game, behaviour contrary to the spirit of the Laws of the Game or relevant regulations or the use of prohibited techniques or substances must never be condoned.