



Supermarine Rugby Club Code of Conduct - Coaches

The following "Codes of Conduct" have been drawn up and put in place in order to help the Club to achieve one of its prime objectives, "to promote the enjoyment of the game of Rugby Union". They are also designed such that the Club's reputation is enhanced by its players and supporters - if players, coaches and parents/spectators adhere to the principles of these codes, everybody will benefit in the long run.

- Recognise the importance of fun and enjoyment when coaching - most learning is achieved by doing.
- Appreciate that the players' needs exceed the needs of the sport.
- Be a positive role model and be aware of what this implies.
- Keep winning and losing in perspective and encourage players to behave with dignity in all circumstances.
- Respect all referees and the decisions they make and ensure that the players recognise that they must do similarly.
- Provide positive verbal feedback in a constructive and encouraging manner to all players during both matches and training sessions.
- Provide experiences that are matched to the players' abilities and their physical/mental development.
- Ensure that players are coached in a safe environment without being exposed to undue risk of injury and ensure that there is adequate first aid to hand.
- Avoid overplaying players, particularly the "best" players, by employing a squad system giving all players a satisfactory period 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 not be exposed to extremes of heat or cold and ensure that players take on fluids during matches or training sessions.
- Develop an awareness in players of nutrition as part of an overall education in lifestyle management.
- Ensure that your knowledge of coaching strategies retains currency and remain in line with current RFU philosophy.
- Junior/Minis coaches must be aware of and abide by the policies and procedures laid down in the RFU Safeguarding Policy - consult the Supermarine RFC Safeguarding Officer.
- Junior coaches must remain aware that it is illegal for young people under the age of 18 to drink alcoholic beverages.
- Win with grace, lose with dignity - above all enjoy it for the players' sake.