

# Chipstead Rugby Union Football Club

## Coaches Policy



Any coach working with young players within the Chipstead Rugby Union Football Club is part of a structure which has many participants, and as such they have 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. Each season every coach active in the section will be called on to warrant that they have read, understood and intend to abide by this code.

### Players

- 1) Rugby is only part of players' lives. Recognise this 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. Chipstead RUFC is for everyone. Ensure that you involve every member of your squad and make them feel part of the team. Share game time and your time in practice 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

- 7) 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.
- 8) Rugby works best when sides are evenly matched. Insist on mixing and matching ill matched teams.
- 9) The Continuum has been developed to ensure a level playing field for all teams. Understand it and abide by it, to the letter. You have no option; the Continuum is part of the Laws of the Game.
- 10) Learn the Laws and learn to Referee.
- 11) Teach players, by your own example, to respect the Referee. Always!

### Coaching

- 12) When you qualify as a Coach, you have achieved a position of responsibility on behalf of Chipstead RFC. You owe it to yourself and to the Club 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.
- 13) To be a good coach, you need up-to-date information on coaching issues and Rugby issues. Stay in touch.
- 14) You are responsible for the safety of the players you work with:
  - a) Mark out a safe working area and keep it safe. Make sure equipment is in good repair and safe.
  - b) Never "join in" with contact drills and games. You are too big and too

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hard and you will break them

c) Do not encourage or allow players to play on an injury. Refer injured players to their doctor, or better still a sports injury clinic.

15) 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. Use a separate changing room from players, never be alone with individuals behind closed doors and never "get in the bath with the boys".

16) 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.