



## **Wellingborough RFC Code of Conduct for Coaches**

### **Coaches should:**

- Provide experiences that are matched to the young players' age and ability, as well as their physical and mental development.
- Ensure that all young players 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 that there is appropriate 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.
- 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 and expectations.

### **Coaches are encouraged to:**

- Recognise the importance of fun and enjoyment when coaching young players, and understand that most learning is achieved through doing.
- Appreciate the needs of the players before the needs of the sport.
- Be a positive role model.
- Keep winning and losing in perspective and encourage young players to behave with dignity in all circumstances.