**Coaches & Volunteers Code of Conduct**

**The Good Coach’s Code**

People of all ages come into rugby union for a variety of reasons; it is the duty of the coach to recognise this and stimulate their continued participation. Coaches have a responsibility to ensure that all players have the opportunity to fulfil their aspirations, in a caring environment, where the emphasis is on:

* Fun
* Enjoyment
* Skill development

**Coaches should:**

* Recognise the importance of fun and enjoyment when coaching players. Learning is mostly 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 players to behave with dignity in all circumstances.
* Respect all referees and the decisions they make (remember in some instances 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 players both during coaching sessions and games.

**Coaches must:**

* Provide experiences which are matched to the player’s age and ability, as well as their physical and mental development.
* Ensure that all players are coached in a safe environment.
* Avoid overplaying the best players by using a squad rotation system, which gives every player a satisfactory amount of game 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 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.
* Ensure that their knowledge and coaching strategies are up to date.
* Be aware of, and abide by, the policies and procedures outlined in the IRFU guidelines.