

# The Tigers Coaches' Code

Coaches of players should:

- (a) Recognise the importance of fun and enjoyment when coaching players.
- (b) Understand that most learning is achieved through doing.
- (c) Be a positive role model - think what this implies.
- (d) Keep winning and losing in perspective - encourage players to behave with dignity in all circumstances.
- (e) Respect all referees and the decisions they make, even if they appear to make a mistake, and ensure that the players recognise that they must do the same.
- (f) Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
- (g) Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.
- (h) Ensure all players are coached in a safe environment, with adequate first aid available.
- (i) Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
- (j) Never allow a player to train or play when injured.
- (k) Ensure good supervision of players, both on and off the field.
- (l) Recognise that players should never be exposed to extremes of heat, cold or unacceptable risk of injury.
- (m) Develop an awareness of nutrition as part of an overall education in lifestyle management.
- (n) Recognise that it is illegal for players under 18 to drink alcohol and those under 16 to smoke. Coaches should actively discourage both.
- (o) Ensure that their knowledge and coaching strategies are up to date
- (p) Be aware of and abide by the policies and procedures outlined in the Policy and Procedures for the Welfare of Young People in Rugby Union.
- (q) To maintain a good coach to player ratio – no more than 20 children per coach