



**Club Mission statement: "To be the Best Community Rugby Club within Scotland"**

## **West of Scotland FC Code of Conduct**

**All Coaches of players should do following:**

- Recognise the importance of fun and enjoyment when coaching players.
- Understand that most learning is achieved through doing.
- Be a positive role model - think what this implies.
- Keep winning and losing in perspective (Development is Key) - encourage players to behave with dignity in all circumstances.
- 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.
- Provide positive verbal feedback in a constructive and encouraging manner to all players, both during coaching sessions and matches.
- Provide rugby experiences which are matched to the players' ages and abilities, as well as their physical and behavioural development.
- Ensure all players are coached in a safe environment, with adequate first aid available. (One Coach at every age group First Aid trained)
- Have squad system that allows ALL PLAYERS to get a half game per week.
- 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.
- Recognise that it is illegal for players under 18 to drink alcohol and

those under 16 to smoke, Coaches should actively discourage both.

- Ensure that their knowledge and coaching strategies are up to date and in line with SRU philosophy.
- All Coaches must be a member of Disclosure Scotland before actively coaching within the club
- All Coaches complete SRU RugbyRight online coaching course.



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## **West of Scotland Parent’s Code of Conduct**

### **Parents Should:**

- Be familiar with the coaching and training programme in order that they can ensure their child is fully involved and the coaches are aware of their availability
- Be familiar with the teaching and coaching methods used by observing the coaching and training sessions in which their child participates.
- Be aware that the Club/Coaches has a duty of care to ensure the safety of players at all times.
- When playing numbers are large and there is a need to transport players to away games.
- Be involved with Club activities and share their expertise.
- Share concerns, if they have them, with Club

Be familiar with the West of Scotland Coaches’ Code contained within the club.

### **In particular be aware that:**

- Coaches should recognise the importance of fun and enjoyment when coaching players
- Coaches at all times should try to develop all of players within their Squads
- Coaches to give all children equal game time so all player can develop

- Encouraging players to behave with dignity in all circumstances
- Support coaches in instilling good values/behaviours.
- Remember that young people play rugby for their own enjoyment not that of their parents.
- Make sure all players get game time within Matches
- Focus on the players' efforts, rather than winning or losing.
- Do not play injured players.
- Provide positive verbal feedback both in training and during the game.
- Always support the Club in their efforts to eradicate loud, coarse and abusive behaviour from the game.

**Always show appreciation of good play by all players both from their own Club and the opposition they play**

**Respect decisions made by the match officials, even if they appear to make a mistake, and encourage the players to do like wises**