

GUERNSEY RUGBY ACADEMY



VOLUNTEERS: ROLES & RESPONSIBILITIES

THE COACH

Role:

As a Coach you represent your age group squad to the Academy Committee. You have the potential to be a highly influential figure in players' lives. You're responsible for training the team, developing their skills and preparing them for matches. It's an exciting, rewarding and active way of staying in the game and lets you have a direct influence on performance. Alongside the Team Manager, you'll be a figure of respect and inspiration to your squad. You are responsible for the welfare of the players under your care.

Responsibilities shall include:

- Work with the Lead Coach to ensure that there is an adequate coaching plan in place before the start of the season, and all subsequent training activities
- Plan and run safe, effective training sessions (Sundays and mid-week for old age groups)
- Retain players and work with relevant volunteers to recruit players
- Build team spirit and encourage participation
- Develop individuals' skill, confidence and fitness
- Select the team and set the tactics
- Work with the Club Coaching Coordinator and RDO to continue learning and developing
- Promote fair play, team standards and codes of conduct
- Ensuring a match report is provided for each fixture in line with Academy guidelines
- If you are the Lead Coach -representing your age group at Manager / Coaches meetings (normally 2-3 times a season)
- Ensure Rugby Safe, Inclusion & Safeguarding Officers are made aware of any issues or concerns or applications for assistance
- Uphold the RFU's Core Values and Code of Conduct

Knowledge, Skills and Experience:

- Well-organised, enthusiastic, motivating and effective communicator between players, coaches and Academy
- Good playing knowledge of the game
- Strong interpersonal and oral communication skills including the ability to effectively liaise with players, coaches in a respective manner
- Knowledgeable on the rules / regulations of the RFU (in particular Regulations 9 & 15) and the relevant CB's competition rules
- Be DBS cleared, and be registered through GMS
- Will have or be working towards the relevant RFU Coaching (at least ERCA for contact)
- Will have or be working towards the relevant RFU First Aid and Safeguarding courses

What you'll get out of it:

Coaching is a great way to stay fit and pass on your knowledge of the game. Acting as a role model and inspiration to a group of young people and seeing them grow and develop is one of the most rewarding things you can do with your spare time. It's a highly respected role in the community and above all, it's really good fun.

How much time it will take up:

Around 5-8 hours a week (depending on the preparation of training sessions and age group)