

# GUERNSEY RUGBY ACADEMY



## COACHING: MINIMUM STANDARDS

### Our Aim:

In line with RFU Codes of Practice we expect that all players are supported by coaches who are player centred and skilled in the holistic development of young people. We will ensure there is a framework for coaches to be competent and confident in key coaching processes, rugby specific knowledge and the application of RFU regulations. We will put the welfare, as well as the wants and needs of young players, first.

### Minimum Standards & Qualifications:

It is mandatory that every Academy Coach meets the following:

- ✓ Completion of RFU Introduction to Safeguarding (Must be undertaken prior to DBS renewal)
- ✓ Completion of RFU Enhanced DBS (refreshed every 3-years, with Intro to Safeguarding)
- ✓ Attended RFU Play it Safe (refreshed every 3-years)
- ✓ Acknowledged & accepted the Codes of Conduct
- ✓ Completed the RFU Headcase Online Concussion Module
- ✓ Have a relevant RFU UKCC Coaching Qualification (see courses below)

It is highly recommended and encouraged that coaches also consider:

- RFU Emergency First Aid in Rugby Union Course, or equivalent Level 3 EFAW qualification (NOTE: whilst not mandatory every age group MUST have at least one EFA to meet the requirements of Rugby Safe, training or fixtures will not be approved without an EFA in attendance)
- RFU UKCC Refereeing Qualification
- ACTIVATE - the RFU's Injury Prevention Exercise Programme.

### Coaching Courses:

The following courses are available, typically delivered annually, to help your coaching skills. The Academy will assist with the cost of any these courses.

#### England Rugby Coaching Award – ERCA - (U12-Colts)

This is an entry point course for coaches working with players of U12 and above. It is tailored to the needs of the players you are coaching and provides coaches with the knowledge, skills and attributes to effectively coach young players and adults. It is an Accredited UKCC Level 2 qualification.

#### Kids First Contact Rugby Course – KFC - (U9-U11)

This 2 x 3 hour sessions course will help participants to safely coach and referee the contact areas of the game and it is recommended that everyone coaching or refereeing contact rugby has completed this course

#### Kids First Tag Rugby Course – KFT - (Tots – U8s)

This 2 hour course supports the development of active, purposeful, enjoyable and safe tag rugby environments for children. Participants will also learn the rules and practice refereeing tag rugby

#### England Rugby Refereeing Award – ERRA

This course is the entry point for those wishing to referee the 15-a-side game. It provides referees with the knowledge, skills and attributes to effectively referee young players and adults. It is an accredited L2 qualification.

#### Principles of Scrummaging

This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching.

#### Principles of the Lineout

This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.

Relevant coaching CPD sessions can also be organised which are developed by the needs of our coaching community

This framework will ensure that the Academy can be confident that all coaches under our supervision are sufficiently competent and meet the RFU's required practice.

### **Useful Links**

Activate – the RFU's injury prevention programme

[www.englandrugby.com/activate](http://www.englandrugby.com/activate)

Headcase – concussion information and training

[www.englandrugby.com/headcase](http://www.englandrugby.com/headcase)

Age Grade Regulation & rules of play (Regulation 15)

[www.englandrugby.com/regulations](http://www.englandrugby.com/regulations)

Age Grade Codes of Practice

[www.englandrugby.com/codesofpractice](http://www.englandrugby.com/codesofpractice)

England Rugby Training Courses

<https://www.englandrugby.com/dxdam/94/94667d43-cdca-425a-98c1-bcfde5ab07e6/England%20Rugby%20Training%20Courses%202022-23.pdf>