

# THE STRATHIE WAY

## PLAYER'S CODE

Players should be encouraged to:

- Recognise and appreciate the efforts made by coaches, parents, match officials and administration in providing the opportunity to play the game and enjoy the rugby environment.
- Understand the values of loyalty and commitment to adults and teammates.
- Recognise that every player has a right to expect their involvement in rugby to be safe and free from all types of abuse.
- Understand that if an individual or group of players feel they are not being treated in a manner that is acceptable, then they should access the Complaints Procedure
- Play because they want to do so, not to please coaches or parent.
- Remember that skill development, fun and enjoyment are the most important parts of the game.
- Train regularly to meet the demands of the game
- Take a responsibility for your own health and fitness
- Be attentive at all training and coaching sessions
- Be on time for all training events and games
- Work equally hard for themselves and their team – both will then benefit.
- Recognise good play by all players on their team and by their opponents. • Be a sportsman – win with dignity, lose with grace.
- Play to the IRB Laws of the game and accept, without question, all referees' decision even if they appear to make a mistake.
- Control their emotions. Verbal or physical abuse of team mates, opponents, coaches, match officials or spectators is not acceptable.
- Treat all players, as they would like to be treated themselves. Do not interfere with, bully or take advantage of any player
- Promote the Club positively in all that you do
- Access the physiotherapy support at the Club
- Pay your Membership on time and in accordance with the requirements of the Club

## COACHES' CODE

Coaches of players should:

- Recognise the importance of fun and enjoyment when coaching players
- Understand that most learning is 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, 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 readily to hand.
- 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 or for 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.
- Be aware of, and abide by, the SRU recommended procedures for taking young people on residential tours at home and abroad.
- 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.
- Coach to the rules laid down in the Rugby Continuum and keep themselves updated on rule changes.
- Display good organisational and time keeping skills.

## SPECTATOR'S CODE

Club and Schools should encourage spectators to:

- Act as positive role models to all players.
- Be familiar with, and abide by, the SRU Child Protection Guidelines in relation to verbal and emotional abuse
- Respect guidance from the Club or School regarding spectator behaviour
- Acknowledge good individual and team performance from all players irrespective of the team in which they play.
- Respect match officials' decisions, even if they appear to be a mistake – remember, they are volunteers providing an opportunity for players to play rugby.
- Never verbally abuse players, coaches, match officials or fellow spectators: such behaviour can create a negative environment for players and their behaviour will often reflect this.
- Acknowledge effort and good performance rather than 'to win at all costs.
- Verbally encourage all players in a positive manner, shouting 'for' not 'at' the players.
- Encourage all players irrespective of their ability – never ridicule any individual player, regardless of the team in which they play.

## PARENTS CODE

- 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 or School has a duty of care to ensure the safety of players and therefore, where appropriate, assist coaches with the supervision of the players, particularly where numbers are large and there is a need to transport players to away games.
- Be involved with Club and School activities and share their expertise.
- Share concerns, if they have them, with Club or School officials.
- Remember that young people play rugby for their own enjoyment not that of their parents.
- Encourage young people to play – do not force them. • Focus on the players' efforts, rather than winning or losing.
- Be realistic about the players' abilities; do not push them towards a level they are not capable of achieving. • Provide positive verbal feedback both in training and during the game
- Remember that persistent, negative messages will adversely affect the players' and referee's performance and attitude.
- Always support the Club and School in their efforts to eradicate loud, coarse and abusive behaviour from the game
- Remember young people learn much by example
- Always show appreciation of good play by all players both from their own Club or School and the opposition. • Respect decisions made by the match officials, even if they appear to be a mistake, and encourage players to do likewise.

**TEAMWORK**

**MUTUAL RESPECT**

**DISCIPLINE**

**EQUALITY**

**COMMUNITY**