



# Muscat Pirates RFC

## CODE OF GOOD BEHAVIOUR

### COACHES

Muscat Pirates Junior Rugby coaches 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 (remember it could be you refereeing next week), 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 behavioral development.
- Ensure all players are coached in a safe environment, with adequate first aid readily to hand.
- Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
- Never allow a player to train or play when injured.
- Recognise that players should never be exposed to extremes of heat or unacceptable risk of injury.
- Ensure that their knowledge and coaching strategies are up to date and in line with RFU philosophy, which can be found her: [Age grade Rugby](#).

- Should there ever be a disagreement between family and coach, immediately make the Chairman of Muscat Pirates aware.
- One of rugby's core values is discipline, it is especially important as it helps prevent risk of injury to other players in a dynamic and physical sport. Therefore it maybe necessary to penalise players whose foul play and misconduct is other than accidental, and a coach should use the Muscat Pirates' Misconduct Guide in consultation with the Head Coach.

Name and signature of Coach