

# Burgess Hill Rugby Football Club



## COACHES' GUIDELINES FOR GOOD PRACTICE

- 1) Always be publicly open when working with children & vulnerable adults. Avoid situations where you and an individual are completely unobserved.
- 2) Rugby is a physical game. Situations will occur when in order to teach or coach certain techniques, it may be necessary to make physical contact with the player. If this is the case, tell the player beforehand and ask them if they have any objections.
- 3) Coaches must ensure that an adequate number of coaching staff or assistants are present for the activity or session that is planned, and that all aspects of first aid and other safety precautions are met.
- 4) If it is necessary to contact players via text message, email or social media then this should be sent where possible as a group message, and for email the BCC option should always be used. If it is necessary to contact a player individually then that player's parents, legal guardian or another club coach or representative must also be included or copied in.
- 5) Coaches are discouraged from being friends with players on social media platforms such as facebook etc.
- 6) If it is necessary to supervise groups in changing rooms, always ensure that adults work in pairs, and that gender is appropriate.
- 7) Where mixed teams compete away from home, they should always be accompanied by, at least one male and one female adult.
- 8) Volunteers and professionals must respect the rights, dignity and worth of all and treat everyone with equality.
- 9) Coaches must place the well-being and safety of the player above performance development or the activity or game at hand.
- 10) Coaches should:
  - *Avoid overplaying of players (particularly talented players). All players need and deserve equal opportunity to play.*
  - *Remember that children play for fun and enjoyment and that winning is only a part of it.*
  - *Ensure that contact skills are taught in a safe, secure manner paying due regard to the physical development of young players.*
  - *Never allow young players to train or play when injured.*
  - *Ensure equipment and facilities are safe and appropriate to the age and ability of the players.*
- 11) Coaches and assistants must hold appropriate RFU coaching awards and a current DBS certificate.
- 12) Coaches must ensure that the activities which they direct or advocate are appropriate to the age, maturity and ability of the players.

- 13) Coaches should always promote the positive aspects of their sport (eg. fair play), and never condone law or rule violations or the use of prohibited substances.
- 14) Coaches must consistently display high standards of personal behaviour and appearance.
- 15) Coaches should never overtly criticise players or use language or actions which may cause the player to lose self esteem or confidence.

**BE AWARE THAT IT DOES NOT MAKE SENSE FOR A COACH OR ASSISTANT TO:**

- a. Spend time alone with children or vulnerable adults away from others.
- b. Take children or vulnerable adults alone on car journeys, however short the journey.  
In emergency situations or if otherwise unavoidable, the child must only sit in the rear of the vehicle and directly behind the driver.
- c. Take children or vulnerable adults to your home.

If it should arise that such situations are unavoidable they should only take place with the full knowledge and consent of someone in charge in the club/governing body and/or a person with parental responsibility for the player.

If you accidentally hurt a player, or cause distress in any manner, or the player appears to respond in a sexual manner to your actions, or misunderstands or misinterprets something you have done, report the incident to the Club Safeguarding Officer straight away, supported by a brief written report of the incident as soon as possible.

If you have any concerns or suspicions regarding the welfare of any player or the conduct or actions of another coach, assistant, volunteer, player or other club member then please bring this to the attention of your club safeguarding officer. All conversations will be treated in the strictest confidence and with respect to your right to anonymity.

BHRFC Safeguarding Officer : **Louisa Jane Rogers** 07812 850589 [louisa.rogers@hotmail.co.uk](mailto:louisa.rogers@hotmail.co.uk)

Deputy Safeguarding Officer : **Steve Blanthorn** 07894 082038 [steveblanthorn@bhrfc.co.uk](mailto:steveblanthorn@bhrfc.co.uk)

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