



THE REDS CODE OF CONDUCT

This code seeks to build on the current values and policies of Linlithgow Rugby Club (which can be found in our website) and also supports those published by Scottish Rugby. It is a draft document based on our core rugby values of Leadership, Engagement, Achievement, Enjoyment and Respect. It is not full-proof and will be updated based on sound feedback from players, members and parents alike.

Jean McKeown

President and Chair of Board of Trustees
Linlithgow Rugby Club

COACHES' CODE

Coaches are asked to:

- Remember the importance of fun and enjoyment when coaching players
- Understand the most learning is achieved through doing
- Recognise the needs of your players
- Be a positive role model in line with rugby's core values
- Encourage players to behave with dignity under all circumstances
- Provide all verbal feedback in a constructive manner to all players
- Ensure the provision of a safe environment and adequate first aid
- Never allow a player to train or play whilst injured
- Ensure appropriate supervision both on and off the field
- Understand and abide by the Clubs Tour policy which interlinks with Scottish Rugby
- Understand and abide by Club's Child protection policy which again interlinks with Scottish Rugby
- Remember it is illegal for players under 18 to drink alcohol and for those under 16 to smoke
- Ensure your knowledge and coaching skills are up to date
- Coach to the rules and keep informed of changes
- Understand and adhere to club policies
- Pay your membership on time

PARENTS' CODE

Parents are asked to:

- Register their child on Clubforce and ensure that they are receiving communications from coaches
- Be familiar with the teaching and coaching methods use by observing the training sessions in which your child participates
- Be aware that the Club has a duty of care to ensure the safety of players and where appropriate parents should assist coaches with the supervision of players, particularly where numbers are large and there is a need to transport them to away games
- Be involved with the club – share your expertise
- Share your concerns, if you have any, with the Club officials
- Remember that young people play rugby for their own enjoyment
- Encourage young people to play, do not force them. Focus on their efforts in a positive manner
- Be realistic about players abilities and provide constructive feedback which will encourage them
- Do not push young players toward a level they are not yet capable of achieving
- Remember that persistent, negative comments will adversely affect the players' and referees' performance and attitude
- Always support the club & school in their efforts to eradicate loud , coarse and abusive behaviour from the game – young people learn by example
- Always show appreciation of good play by all players – respect decisions made by match officials, even if they appear to be a mistake and encourage players to do likewise

PLAYERS' CODE

Players are asked to:

- Respect their team mates, coaches, match officials, parents and club members
- Understand the values of the club
- Recognise that every player has the right to expect their involvement in rugby to be safe and abuse free
- Play because you want to play, not to please others
- Be mindful that fun, enjoyment and skills development are core to the game
- Take responsibility for your own health and fitness
- Train regularly to enable you to meet the demands of the game
- Be attentive at all training and coaching sessions
- Work hard for both yourself and the team
- Recognise other players efforts
- Win with dignity, lose with grace
- Respect the rules of the game, opponents, match officials and spectators
- Accept all referees decisions, even if they appear to make a mistake
- Conduct yourself in a positive manner and not engage in verbal or physically abusive manner
- Treat all players as you would wish to be treated
- Represent the club positively in all that you do
- Pay your membership on time and in accordance with the requirements of the club

SUPPORTERS' CODE

Supporters are asked to

- Act as positive role models for all players
- Be familiar with and abide by our Child Protection policy in relation to verbal and emotional abuse
- Respect guidance from the club or school regarding your behaviour
- Recognise 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 – they are volunteers too and they provide an opportunity for players to play rugby
- Never verbally abuse players, coaches, match officials or other spectators – this creates a negative environment for the players and reflects poorly on our club
- Support effort and good performance rather than to win at all costs
- Encourage all players irrespective of their ability and respect that they are representing the club