



The Edinburgh Academical Football Club

CODE OF CONDUCT

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, 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.
- Give everybody a satisfactory amount of playing time.
- 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 unacceptable risk of injury.
- 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 Scottish Rugby philosophy.
- Be aware of, and abide by, the Scottish Rugby recommended procedures for taking young people to away games and on residential tours at home and abroad.
- Be aware of and abide by the policies and procedures outlined in the Child and Vulnerable Adult Protection Policy.
- Coach to the rules laid down by Scottish Rugby - and keep themselves updated on rule changes.



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Club players should:

- Recognise and appreciate the efforts made by coaches, parents, match officials and administrators 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 tell an adult either at the Club or outside of the game.
- Play because they want to do so, not to please coaches or parents.
- Remember that skill development, fun and enjoyment are the most important parts of the game.
- Be attentive at all training and coaching sessions.
- 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 World Rugby 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.

The Club encourages parents and guardians to:

- Be familiar with the coaching and training 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 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.
- To encourage their children to behave appropriately and take responsibility for the behaviour of their children.
- Be involved with Club activities and share their expertise.
- Share concerns, if they have them, with Club officials.



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- Be aware and support that:
 - Coaches should recognise the importance of fun and enjoyment when coaching players; and
 - Coaches should keep winning and losing in perspective – encourage players to behave with dignity in all circumstances.
- 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 in its 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 and the opposition.
- Respect decisions made by the match officials, club officials and coaches, and encourage players to do likewise and to observe the Club's Spectator's Code.

The Club encourages spectators to:

- Act in a positive, encouraging and non-abusive manner
- Be familiar with, and abide by, the Club's Child and Vulnerable Adult Protection Policy in relation to verbal and emotional abuse.
- Respect guidance from the Club with regard to spectator behaviour.
- Remember that all the Club's players, especially children, play sport primarily for their own enjoyment, not for that of spectators.
- 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 proving 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.



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- 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.

Respect the opposition & treat them with the same conduct as outlined above