

NSWRU COACHES GUIDELINES

The NSWRU Coaches' Guidelines will be used in conjunction with the RA Code of Conduct which can be found on their website at [RA C of C](#).

By representing yourself in an honest manner, you will endeavour to uphold the following to the best of your ability:

1. Lead by example, ensuring that your behaviour sets the standard for your team
2. Give all participants a 'fair go', regardless of ability, gender, sexual orientation, cultural background or religion - condemning unsporting behaviour and promoting respect for all participants.
3. Accept that everyone makes mistakes. Do not ridicule or yell at players or Match Officials for perceived mistakes.
4. Follow the [RA Medical and First Aid Recommendations](#) and ensure your players are aware of them.
5. Display professionalism in your conduct and approach to coaching, understanding that your expectations of others must be appropriate for an amateur sport.
6. Only speak with Match Officials with a positive intent and manner, and never during or within 15 minutes after the match, or in the heat of the moment.
7. Maintain a current knowledge of the laws of the game and coaching methods, and teach your players to play within the laws and the spirit of the game.
8. Honestly evaluate your own performance and incorporate advice from others so that you may improve your coaching.

'Respect Rugby'

