



Coaching - Structure and the Role of the Coach

Coaching Structure

The Club's coaching structure is split into age groups, with a senior coach as coordinator, as follows:

Pre-School	<i>Tiny Reds</i>	Ages 2 to 5
P1 to P3	<i>Wee Reds</i> Micros	Ages 5 to 8
P4 to P7	<i>Wee Reds</i> Minis	Ages 8 to 12
S1 to U18	<i>Young Reds</i> School of Rugby	Ages 12 to 18
Seniors	<i>The Reds</i>	Ages 18 upwards
Veterans	<i>Reds</i> Walking Rugby	Ages 50 upwards

The Director of Rugby will overview all rugby operations, with the Director of Youth Rugby taking a specific responsibility for all youth rugby under the age of 18.

A lead coach will be appointed to head up the coaching structure and to ensure that coaching is carried out to the standards and ethos of Scottish Rugby. This will normally be a paid post. At present (2019) the Lead Coach is the Club Development Officer.

Coaches' Role

The coaches' role is fundamental to Linlithgow Rugby Club and to the development of rugby skills and ethos across the Club from early ages to veterans. Most coaches are volunteers. Their principal role is to make sure that players they are coaching have fun and develop their skills and confidence in a safe environment.

All coaching will be carried out in accordance with the basic principles laid out in both Scottish Rugby's "Stay Safe and have fun in rugby" leaflet and in the Club's "Child Protection Policy" (LRC_RUG_4).

STANDARD: 100% compliance

All coaches of any person under the age of 18 will be fully PVG disclosed for Linlithgow Rugby Club.

STANDARD: 100% compliance

All coaches will complete Scottish Rugby's online training module *RugbyRight* on an annual basis.

STANDARD: 100% compliance

All coaches will be encouraged to attend and complete the appropriate UKCC Coaching Course:

Level 1 for Micro and Mini Rugby

Level 2 for Midi, secondary school and senior rugby

STANDARD: each squad to have at least 1 appropriately qualified coach

All coaches will be encouraged to attend and complete the FAIR (First Aid in Rugby) course.

STANDARD: each squad to have at least 1 appropriately qualified coach

Individuals showing an interest in coaching can be introduced to the role working alongside an existing fully accredited coach. They are not permitted to coach / supervise a group on their own until they have completed *RugbyRight* and, in the case of those coaching anyone under the age of 18, been fully PVG disclosed.

Working Within the Club

Linlithgow Rugby Club Ltd is a full member of the Scottish Rugby Union and the company provides an organisational basis for all rugby and related operations. All Club Coaches will operate within this structure and will abide by the policies laid out in accordance with the standards of the sports governing body. The company (Linlithgow Rugby Club Ltd) provides appropriate insurance for all facilities and operations, including players, officials and coaches. This includes all financial transactions with the accounts reportable to HMRC and audited independently.

Fundraising may involve anyone in the Club / member of the Club, however it is coordinated by an Events Group, chaired by the Director of Finance. All fundraising and any specific fundraising event should be cleared first with this group, who will support and advise on any specific clearances required.

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