



AREA TRAINING QUICK GUIDE

COACHING, MATCH OFFICIAL & MEDICAL COURSE INFORMATION



England
Rugby

COURSE REQUIREMENTS & COSTS

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP



Course Requirements – Minimum Numbers to run a course

Course	Min Numbers of Candidates
UKCC Introducing Children to Rugby Union (Level 1)	10
UKCC Coaching the 15 a side Game (Level 2)	10
Entry Level Referee Award	10
CPD	10

ATM/ATO has the facility to make a local call and courses may run at their discretion

Group Sizes on Courses / Tutor Ratio

Course	Max Numbers / Tutor Ratio
UKCC Introducing Children to Rugby Union (Level 1)	11
UKCC Coaching the 15 a side Game (Level 2)	12
Entry Level Referee Award	12
CPD	15 -25

Course	EX VAT	INC VAT
UKCC Level 1 – Introducing Children to Rugby Union <ul style="list-style-type: none"> 3 day course 	£62.50	£75.00
UKCC Level 2 - Coaching the 15-a-side game <ul style="list-style-type: none"> 3 day course 	£87.50	£105.00
Entry Level Referee Award <ul style="list-style-type: none"> 2 day course 	£33.33	£40.00
Accredited CPD <ul style="list-style-type: none"> 3 hour courses (including Scrum Factory) 	£8.33	£10.00
Start Coaching TAG <ul style="list-style-type: none"> 3 hour course 	£17.50	£21.00
Rugby Ready <ul style="list-style-type: none"> 3 hour course 	£12.50	£15.00

MINIMUM AGE FOR CURRENT COURSE (COACHING, MATCH OFFICIAL AND MEDICAL)

Course	Min age	Deployment Guidelines	Recommendations / Requirements
Tag	14	Can coach and referee any Tag rugby activity	Supervised by appropriately trained adult* until reach age 18
Rugby Ready	14	Not a deployment course. This is a safety information course for players, referees, coaches & volunteers	Complete IRB online rugby ready test before course attendance
Scrum Factory	14	Deployed to coach the scrum from age 16	**Directly supervised by appropriately trained adult* when coaching until reach age 18
Introducing Children to Rugby Union (Level 1)	16	Can coach & referee children up to and including U12	Directly supervised by appropriately trained adult* when deployed until reach age 18 Must have completed Rugby Ready Course before attending the course
ELRA (To be replaced by Refereeing 15-a-side game: Min age 16 – date TBC)	14	Can referee two years below own age until reaching the age of 17, when they are able to referee any age group	Completed RFU Rugby Ready Course before deployment Directly supervised by appropriately trained adult* when refereeing until reach age 18
Young Officials Award (To be replaced by Refereeing Children -3 hour CPD –date TBC))	14	Can referee Tag and contact rugby up to and including U12s	Completed RFU Rugby Ready Course before deployment Directly supervised by appropriately trained adult* when refereeing until reach age 18
Coaching 15 a-side-game (Level 2)	18	Can coach 15 a side rugby	Must have attended Rugby Ready, Scrum Factory and completed IRB Laws test
CPD	14	Not a deployment course. This is an information course for players, referees, coaches & volunteers	If assisting directly supervised by appropriately trained adult* until reach age 18
Emergency First Aid	16	Can be deployed as Emergency First Aider	Must be supervised by an adult first aider

*Appropriately trained adult is defined as being 18 or older and having a Teaching, qualification, Coaching qualification or Refereeing Qualification

**Directly supervised is defined as being pitch side throughout the game, available for discussion at half time and available for review following the game



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COACHING COURSE FAQ's & DESCRIPTORS

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP



Qualification	Description	Pre-requisites for entry
Coaching Children Rugby Union Award (UKCC Level 1)	Entry point for coaches of Mini/Midi Players [U7 to U12] Provides coaches with the knowledge, skills and attributes essential to developing children's social, personal, physical and mental skills through the technical and tactical aspects of the game of Rugby Union.	Attendance at a Rugby Ready Course within the last year Tag Course or Rugby Leaders recommended
RFU Coaching Award (UKCC Level 2)	Entry point for coaches of the 15-a-side Game Provides coaches with the knowledge, skills and attributes to effectively coach young players or adults in the 15-a-side game. Develops coaching skills and the technical & tactical aspects of defence and attack together with unit skills and developing play from set piece.	Coaching the 15-a-side game and recently attended Scrum Factory and Rugby Ready courses
RFU Advanced Coaching Award (UKCC Level 3)	Provides coaches with the knowledge, skills and attributes to plan an annual coaching programme to develop the whole team and game planning. Develops performance analysis, profiling, and goal setting tools to design, implement and evaluate coaching programmes Mentor & Assessor support is provided to the coach in their own coaching environment.	Hold a UKCC Rugby Union Level 2. Attended at least 2 of the 4 Towards Level 3 CPD courses - from Player Profiling, Planning and Periodisation, Game Planning and Goal Setting Coaching commitment to a 15-a-side team.

COACHING COURSE FAQ's & DESCRIPTORS

The Continuous Personal Development course are 2/3 hour theoretical and practical courses which develop understanding of social, technical, tactical, mental, lifestyle & physical aspects of the game as well as the coaching process.

Below is a list of potential CPD courses for those coaching in different areas of the game (for more information go to <http://www.rfu.com/takingpart/coach/levelfinder>):

Coaches of U12's and below	Coaches of U13's – U18's	Coaches of Adult s
<ul style="list-style-type: none">• Tag• Rugby Ready• Play it Safe - Safeguarding• CPD Mini Goal Setting• CPD Mini Continuity in Attack• CPD Mini Maul & Ruck• Scrum Factory	<ul style="list-style-type: none">• Rugby Ready• Scrum Factory• Play it Safe - Safeguarding• Continuity in Attack• Defence in phase play• Maul & Ruck• Team Selection• Lineout Game• Kicking Game• Back attack from set piece• Planning & Periodisation• Game planning• Goal setting• Performance profiling• Coaching 7s• Strength & Conditioning L2• Boxing for Rugby• Coach Clean – online• Towards Level 3 CPD	<ul style="list-style-type: none">• Rugby Ready• Scrum Factory• Continuity in Attack• Defence in phase play• Maul & Ruck• Team Selection• Lineout Game• Kicking Game• Back attack from set piece• Planning & Periodisation• Game planning• Goal setting• Performance profiling• Coaching 7s• Strength & Conditioning L2• Boxing for Rugby• Coach Clean – online• Towards Level 3 CPD

The RFU's Coach Development Courses are continually reviewed to ensure they reflect best practice and the needs of the players and their coaches.

Coaches who attend qualification courses will be given access to the on-line coaching academy. This reflects the need for coaches to continually develop their rugby knowledge and coaching skills to ensure they provide the best experience to players.

Successful candidates on RFU Coaching qualification courses will become licensed provided they agree to abide by the terms & conditions of the licence. Licences remain 'live' for 3 years and can be maintained through regular attendance at CPD (3 events in 3 years).

FAQs

Q: Is this going to cost money to obtain my qualification?

A: Yes, however every effort is made to keep the cost of courses as low as possible. The RFU continue to subsidise the actual cost of coaching courses by over 50%. Also, coaches of the 15-a-side game may go straight to the RFU Coaching Award (UKCC Level 2).

Q: Do I need to do Rugby Ready before I apply for the RFU Coaching Award (UKCC Level 2) if I have already done it before attending my Level 1?

A: No, if you have done it previously you don't have to retake the course. We would however strongly recommend that you review the resources on the IRB website <http://www.irbrugbyready.com/> and retake the online test on an annual basis.

Q: Must I attend 'Scrum Factory' and Rugby Ready before I do the RFU Coaching Award (UKCC Level 2)?

A: Yes, minimising risk to players is vital, and safe coaching is essential. The courses are designed to help coaches and players to understand individual and collective techniques, together with position specific conditioning.

Q: I have never played or coached rugby before and I want to do the RFU Coaching Award (UKCC Level 2). Is this possible?

A: Yes, if you are coaching the 15-a-side game, however you may decide that after attending the pre requisite courses that you need more experience and support.

Q: Must I attend a CPD Module before the RFU Coaching Award (UKCC Level 2)?

A: If you hold a Level 1 qualification, it is expected that you update your knowledge and skills prior to moving into the 15-a-side game or the RFU Coaching Award (UKCC Level 2). If you do not hold a Level 1 qualification, then CPD modules are easily accessible and a good way of developing your knowledge and skills in readiness for the RFU Coaching Award (UKCC Level 2) programme.

Q: Do the courses involve practical/physical activity?

A: Yes, the courses involve both practical and theoretical elements. You will be expected to deliver short coaching tasks and review your coaching performance in front of your peers and educator / assessor. When not coaching you may act as a player, however previous/current playing experience is not needed. If you are unable to take part in any activity you should notify the RFU when you apply for the course and/or when the course starts.

Q: Are courses pass or fail?

A: Qualification courses are competence based and you will need to demonstrate competency in all areas. If you are deemed 'Not Yet Competent' in any area you will be supported by your educator who will provide you with guidance on how you can demonstrate competence even beyond the end of the course. CPD & Foundation courses are attendance based courses and are not assessed.



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MATCH OFFICIAL COURSE FAQ's & DESCRIPTORS

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Course/Award	Descriptor
Refereeing Mini/Midi	<p>This is not recognised by the RFU as a formal qualification; however, delegates receive a Certificate of Attendance and it will equip them with the basic knowledge required to referee at mini midi levels.</p> <p>To be replaced by Level 1 Refereeing Children (U12s and below) Course which is currently going through pilot phase – Launch 2014.</p>
Entry Level Referee Award	<p>For new or inexperienced referees, the ELRA offers an introduction to refereeing a game of rugby union and will equip delegates with the skills and confidence to do so effectively. The ELRA is recognised by the RFU as a formal refereeing qualification.</p> <p>To be replaced by Level 2 Refereeing 15-a-side Rugby (U13s and above) which is currently going through pilot phase – Launch 2014.</p>

Q: What is the minimum age to attend the ELRA course?

A: You must be 14 years old to attend the ELRA Course. This currently stands to increase to 16 years old when the course becomes the Level 2 Refereeing 15-a-side Rugby Course.

Q: Why has the Stage 3 for the ELRA been removed?

A: We want to encourage referees to join society and allow society to support new recruits based on their respective circumstances e.g. a teacher that has refereed 100s of school matches might expect a different 'induction' phase to a newly qualified referee with little practical experience

Q: Can unqualified referees to join a society ?

A: We would always encourage people to become qualified. However you may wish to support potential recruits until they can complete the next available ELRA course. Providing they are a member of your society they will be covered by Refs and Coaches liability assurance.

Q: Can an unqualified individual referee games ?

A: Providing any club/school where the individual is refereeing is aware that they have not attended an ELRA and they agree then the individual is insured. However if anything was to happen, then an investigation would be made into what training the referee went through to ensure that they were competent to referee appropriately. Hence why we strongly recommend they attend an ELRA and part-take in regular training thereafter. Further to this the old Foundation Course has now run out/is void and so unless an individual has been actively involved in refereeing and in any further training, assessment /observations they would be classed as unqualified/untrained. The ELRA is currently regarded as a "Lifetime" award.



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MEDICAL COURSE FAQ's & DESCRIPTORS

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Often local providers can offer training at reduced cost, this is great if it helps the clubs afford good quality training, but care needs to be taken to ensure that the courses offered are certified by an accredited body, and that they include all the elements required to fully train a pitch-side first aider.

It really is a good idea for Clubs or schools/colleges be trained up to a nationally recognised standard on a course that is specifically tailored to rugby (and relevant for all contact sports).

We would recommend that any training course used is accredited. If a volunteer tried to carry out first aid that they hadn't been properly trained to do it may invalidate their insurance cover and it is hard to prove what training they have had (and to what standard) without a certificate from an accredited provider. More information about how to choose a course is available at www.rfu.com/firstaid and this is supplemented by guidance on first aid provision (i.e. how many first aiders a club might need at each level) also available at that web address.

RFU Emergency First Aid Course

How To Book

- Clubs, Schools, Colleges or individuals can arrange for a local course by contacting STA through Daniel.waring@sta.co.uk (or phone on 01922 748 384). STA will set up the course and arrange for a tutor and all course resources.
- Candidates can [go here](#), select one of these courses, register and pay online (one person can register a group of people if required).
- Once candidates have registered and paid they will be issued via email an access code for the pre-course learning module.
- This module **MUST** be completed and a certificate printed off before their face-to-face course takes place. They will not be able to pass the course without this certificate being examined by the course tutor.
- If the candidate successfully completes the pre-course learning and the face-to-face training then a certificate will be automatically issued in the following few weeks.
- Individuals will then be automatically registered on Rugby First as having completed the RFU Emergency First Aid course.

MEDICAL COURSE FAQ's & DESCRIPTORS

	Level 1 – STA Emergency First Aid in Rugby	Level 2 - RFU Immediate Care in Sport	Level 3 - RFU Advanced Immediate Care in Sport
Course descriptor	Training as a lay person responder in sports first aid	Sports immediate care training for pitch side healthcare professionals	Advanced immediate care training for pitch side healthcare professionals
Who is it for?	Coaches, teachers, parents, officials and interested others who may be asked to respond to an injured rugby player.	Healthcare professionals such as medical practitioners, physiotherapists, athletic trainers, chiropractors, osteopaths, sports rehabilitation specialists, ambulance trained personnel, nurses and other healthcare professionals on application.	Healthcare professionals such as medical practitioners, physiotherapists, athletic trainers, chiropractors, osteopaths, sports rehabilitation specialists, ambulance trained personnel, nurses and other healthcare professionals on application.
Prerequisite for Courses	Completion of: 1. Complete pre course learning	Completion of: 1. Complete pre course learning	Completion of: 1. Complete pre course learning
Minimum duration:	8 hours	10 hours	20 hours
Cost	£65	£300	TBC



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COURSE BOOKING INFORMATION & SIGNPOSTING

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

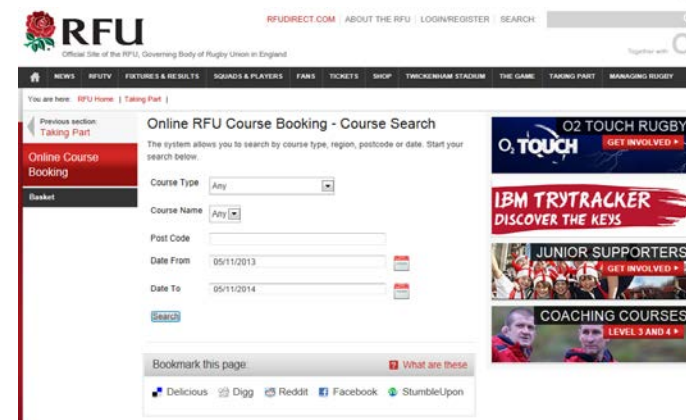


Online Course Booking

<http://www.rfu.com/takingpart/olcb/CourseSearch>

The OLCB should be used to book onto Coaching, Refereeing, Safeguarding courses (and the Leadership Academy).

- Rugby First login details are required (if non exist/ are not known a new log-in can be created when booking on a course)
- Candidates **must** have attended the pre-requisites before booking on courses – i.e. Attended Rugby Ready before booking place on Introducing Children to Rugby Union (Level 1)



Course Administration Centre

The Admin Centre should only be contacted directly for:

- Booking issues /amendments - i.e. new bookings will not be made by over the phone, via emails or in the post (unless referred by ATO/ATM) the Online Course Booking should be used in the first instance.

Tel: 0113 812 7437

Email: coacheducation@leedsmet.ac.uk

Taking Part

<http://www.rfu.com/takingpart>

This section on the RFU website is where information on coaching, refereeing and medical guidance and courses can be found.



Coaching Development Matrix

<http://www.rfu.com/takingpart/coach/levelfinder>

The CDM is a tool for Coaches to identify their training needs by selecting who they coach and courses already attended.



Headcase

<http://www.rfu.com/takingpart/playerhealth/concussion>

Headcase is a specific area on the RFU website that provides information and guidance on concussion



Coaching Academy

www.rfuca.com

The Coaching Academy is a resource bank for any coach who has booked on or attended a accredited courses (i.e. Level 1,2 and 3).

