



England Rugby Training Courses



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Courses



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PLAYER WELFARE

Course Title	Course Descriptor
<p>Rugby Ready</p> <p>20% Classroom delivery and Interactive tasks; 80% Practical</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The World Rugby (IRB) Rugby Ready programme was launched to educate, aid and support players, coaches, match officials on the importance of sufficient preparation for training and playing in order for rugby to be played and enjoyed while reducing the risk of serious injury.</p>
<p>Rugby Smart</p> <p>60% Classroom delivery and Interactive tasks; 40% Practical</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>This workshop builds on from Rugby Ready and has the following learning outcomes for participants:</p> <ul style="list-style-type: none"> • Understanding the responsibilities of safeguarding the welfare of all players, including children • Increase awareness of Community Rugby Injury Surveillance Project (CRISP) and its implications on Rugby Union • Awareness of common injuries and the risks placed upon players by coaches • Reinforcing good practice in coaching • Basic understanding of concussion and best practice in managing incidents of concussion • Awareness of current issues/sanctions in Anti-Doping
<p>Online Concussion Module</p> <p>Mixture of theory and demonstration of understanding via online quiz</p> <p>Duration: 20 minutes</p> <p>Cost: Free</p>	<p>Available at www.englandrugby.com/headcase</p> <p>Part of the RFU's "Don't be a headcase" concussion education programme, these 20-minute online courses will explain what concussion is, how it happens and what individuals can do to help players avoid injury or return safely to playing following a concussion.</p> <p>There are specific modules targeted at:</p> <ul style="list-style-type: none"> • Coaches • Match Officials • Players • Teachers, Parents & Guardians

Course Title	Course Descriptor
<p>Emergency First Aid in Rugby Union</p> <p>Mixture of Theory and Practice</p> <p>Duration: 7 hours + online pre-course learning (delivered as 1 x 7 hour, or 2 x 3.5 hour sessions)</p> <p>Cost: £50/Min. Age: 16</p>	<p>The EFARU provides learners with the skills, knowledge and understanding required to give care and manage life threatening conditions, minor injuries and illness, specifically focusing on those occurring in a rugby environment.</p> <p>The EFARU course covers conducting a Primary Survey, Basic Life Support skills and injury reporting as well other First Aid skills including:</p> <ul style="list-style-type: none"> • Concussion and head injuries • Minor injuries • Cardiopulmonary resuscitation [CPR] • External bleeding • Shock • Spinal injuries <p>The EFARU course is a fully recognised Emergency First Aid at Work (EFAW) course with extra rugby-specific elements designed for coaches, referees and volunteers who are designated as a first-aider and are responsible for providing pitch-side cover at both training and matches.</p> <p>The EFARU sits on the Qualifications and Credit Framework (QCF) and is awarded by 1st4sport Qualifications. The course provides learners with a nationally recognised qualification that is transferable to the workplace; other sports or can be credited towards a larger qualification.</p>



Course Title	Course Descriptor
<p>RFU Immediate Care in Sport (Level 2)</p> <p>Mixture of Theory and Practice</p> <p>Duration: 10hours (usually 1 day) + online pre-course learning</p> <p>Cost: £300/Min. Age: 18</p> <p>Pre-requisite: Health Care Professional /Allied Health Care Professional</p>	<p>The ICIS Level 2 course will address the Immediate Care training needs of doctors, physiotherapists and postgraduate allied medical personnel working within rugby and other contact and collision sports.</p> <p>It is approved by the Faculty of Pre-hospital care - Royal College of Surgeons of Edinburgh and is specifically designed to address the needs of those working within rugby union. The course draws on existing hospital emergency care courses, i.e. ALS, ATLS, and pre-hospital immediate care courses, i.e. PHEC, but has additional rugby/collision sport specific modules such as the on field assessment of concussion, wound care and wound closure.</p> <p>This course is for pitch side practitioners seeking an introduction to the delivery of immediate care in sport.</p> <p>On successful completion of the course the delegate will be able to:</p> <ul style="list-style-type: none"> • Plan and risk assess for potential emergency situations at sports grounds • Appreciate safety hazards for working pitch side in the sporting setting • Through a structured initial assessment protect cervical spine injuries and perform of a rapid primary survey – ABCDE • Effectively manage compromised airways • Recognise immediate and potentially life threatening thoracic trauma • Perform a systematic approach to circulation assessment • Understand the management of circulatory collapse (haemorrhagic and non-haemorrhagic) with understanding of balanced fluid resuscitation • Assess and manage head and facial injured athletes with an understanding of pitch side concussion management • Recognise cardiac arrest and perform effective basic life support with safe defibrillation • Handle a potentially spinally injured player safely in an emergency situation and team lead for safe extrication from the field of play • Manage serious limb injuries safely and effectively including open and closed fractures and dislocations • Recognise and manage immediate medical emergencies

Course Title	Course Descriptor
<p>RFU Advanced Immediate Care in Sport (Level 3)</p> <p>Mixture of Theory and Practice</p> <p>ICIS Level 3 works on a four year cycle as follows and the course fees are £600 for 2 day courses and £400 for 1 day courses:</p> <p>Year 1 First course (2 days) - £600</p> <p>Year 2 Reaccreditation (1 day) - £400</p> <p>Year 3 Reaccreditation (1 day) - £400</p> <p>Year 4 Recertification (2 days) - £600</p> <p>Min. Age: 18</p>	<p>The ICIS Level 3 course will address the Immediate Care training needs of doctors, physiotherapists and postgraduate allied medical personnel working at the professional/performance level of rugby and other contact and collision sports.</p> <p>It is approved by the Faculty of Pre-hospital care - Royal College of Surgeons of Edinburgh and is specifically designed to address the needs of those working within rugby union. The course draws on existing hospital emergency care courses, i.e. ALS, ATLS, and pre-hospital immediate care courses, i.e. PHEC, but has additional rugby/collision sport specific modules such as the on field assessment of concussion, wound care and wound closure.</p> <p>This course is for pitch side practitioners seeking advanced skills in the delivery of immediate care in sport On successful completion of the course the delegate will be able to:</p> <ul style="list-style-type: none"> • As level 2 but in with greater emphasis on team leading, variations on techniques and equipment, invasive skills, simulation and competency based assessment <p>This is to include:</p> <ul style="list-style-type: none"> • Advanced and surgical airway management • Advanced thoracic trauma management including tension pneumothorax needle decompression and open chest wounds • Advanced circulation management including IV & IO access, balanced fluid resuscitation, pelvic sling stabilisation and femoral shaft splintage • Management of a potentially spinally injured player safely in an emergency situation and team lead for safe extrication from the field of play. To include: <ul style="list-style-type: none"> • Cervical spine clearance • Advanced life support in the arrested athlete • Wound care management • Medical equipment including medical gases
<p>Play It Safe</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 3 Hours</p> <p>Cost: £15/Min. Age: 16</p>	<p>This course is for any volunteer, coach or match official who is working or has responsibility for children and vulnerable adults within rugby. Identifying best practice, it provides information and guidance on the responsibilities and support available for ensuring children and vulnerable adults are safeguarded appropriately.</p> <p>By the end of the course participants will be able to:</p> <ul style="list-style-type: none"> • Identify best practice and apply this within rugby • Know where to find support and guidance within the RFU • Identify signs and indicators of possible abuse and poor practice • State action to take if there is a concern or disclosure • Recognise their role in safeguarding and protecting children and vulnerable adults

Course Title	Course Descriptor
<p>In Touch</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 4 Hours (Can be split into 2 x 2 hour sessions)</p> <p>Cost: FREE/Min. Age: 18</p>	<p>This course is for club officials but especially targeted at Club Safeguarding Officers. It provides information of the roles and responsibilities of clubs in safeguarding children and vulnerable adults. Identifying best practice and resourcing attendees with the tools to apply appropriate policies and guidance within their own clubs. By the end of the workshop participants will be able to:</p> <ul style="list-style-type: none"> • Define and explain the role and responsibility of an RFU Club Safeguarding Officer • Identify the roles of club members and officers to promote best safeguarding practice • Identify best practice when recruiting in the club • Apply the RFU Safeguarding Children and Vulnerable Adults in Rugby Policy and Guidance and Safeguarding Toolkit • Manage concerns and disclosures • Provide an opportunity to share best safeguarding practice



COACHING CHILDREN

Course Title	Course Descriptor
<p>Old Mutual Wealth Kids First U7 Tag Duration: 2.5 hours Cost: £5/Min. Age: 14</p>	<p>The Old Mutual Wealth Kids First Age Grade Workshops for U7 – U13s have been created to support coaches in helping players make the transition through the age grades by adopting the Kids First philosophy of:</p> <ul style="list-style-type: none"> • Putting children at the heart of everything they do and all decisions they make • Encouraging fun on the pitch, through equal opportunity and realistic expectations of children • Developing children’s confidence and character as players and as people, challenging any behaviour that conflicts with this • Building adults’ skills to provide a safe, healthy, respectful and enjoyable environment for children • Championing rugby’s core values, inspiring a lifelong bond between children, adults and rugby <p>The workshops will combine the Kids First philosophy with developing skills at each grade and following the incremental progression through the age grades.</p> <p>Each workshop will look at player welfare, movement skills, coaching through adaptive games, game management /refereeing and modelling how the game looks for that specific age grade.</p>
<p>Old Mutual Wealth Kids First U8 Tag Duration: 2.5 hours Cost: £5/Min. Age: 14</p>	
<p>Old Mutual Wealth Kids First U9 Rugby Duration: 2.5 hours Cost: £5/Min. Age: 14</p>	
<p>Old Mutual Wealth Kids First U10 Rugby Duration: 2.5 hours Cost: £5/Min. Age: 14</p>	
<p>Old Mutual Wealth Kids First U11 Rugby Duration: 2.5 hours Cost: £5/Min. Age: 14</p>	
<p>Old Mutual Wealth Kids First U12 Rugby Duration: 2.5 hours Cost: £5/Min. Age: 14</p>	
<p>Old Mutual Wealth Kids First U13 Rugby Duration: 2.5 hours Cost: £5/Min. Age: 14</p>	

Course Title	Course Descriptor
<p>Old Mutual Wealth Putting Kids First 20% Classroom delivery and Interactive tasks; 80% Practical Duration: 3 hours Cost: £100 per club/Min. Age: 14</p>	<p>Developing children as confident, capable young people first is at the core of the Rugby Football Union's offer to all clubs. Using Rugby Union as a vehicle for developing a young person's personal and social skills alongside their rugby skills can have a dramatic impact on all aspects of their life and has real whole school impact.</p> <p>The Putting Kids First Workshop aims to:</p> <ul style="list-style-type: none"> • Support existing child-centred attitudes and behaviours • Raise awareness of the attributes which best reflect a child-centred approach to coaching and match officiating • Discuss and highlight attitudes which may be in conflict with a child-centred approach to coaching and match officiating • Shape the discussion and information to the needs of the audience
<p>Old Mutual Wealth Kids First Rugby – Primary Schools 30% Classroom delivery and Interactive tasks; 70% Practical Duration: 3 hours Cost: £25/Min. Age: 18</p>	<p>Developing children as confident, capable young people first is at the core of the Rugby Football Union's offer to all schools. Using Rugby Union as a vehicle for developing a young person's personal and social skills alongside their rugby skills can have a dramatic impact on all aspects of their life and has real whole school impact. Upon completion of Kids First Rugby – Schools course you will:</p> <ul style="list-style-type: none"> • Be fully aware of the holistic needs of children playing sport and be able to meet these needs when delivering rugby union sessions • Have an understanding of how to teach rugby union in a fully inclusive, engaging and enjoyable manner • Be able to enhance learning and children's motivation through the use of rewards • Be able to use Rugby Union to meet the outcomes of the new National Curriculum for Physical Education



Course Title	Course Descriptor
<p>Teaching and Coaching Rugby Union in Secondary Schools</p> <p>30% Classroom delivery and Interactive tasks; 70% Practical</p> <p>Duration: 1 Day</p> <p>Cost: £40/Min. Age: 18</p>	<p>Developing children as confident, capable young people first is at the core of the Rugby Football Union’s offer to all schools. Using Rugby Union as a vehicle for developing a young person’s personal and social skills alongside their rugby skills can have a dramatic impact on all aspects of their life and has real whole school impact.</p> <p>Upon completion of the Rugby Union in Secondary Schools course you will:</p> <ul style="list-style-type: none"> • Be fully aware of the importance of the Core Values of Rugby Union, the 5C’s and how to apply them to your teaching • Be able to use Rugby Union to meet the outcomes of the new National Curriculum for Physical Education • Have an understanding of how to teach rugby union in a fully inclusive, age appropriate, engaging and enjoyable manner • Have gained confidence in teaching and officiating the contact elements of rugby union in a safe and effective manner, and how to build the game progressively to enable students to play competitive rugby
<p>UKCC Level 1: Introducing Children to Rugby Union</p> <p>30% Classroom delivery and Interactive tasks; 70% Practical</p> <p>Assessment via Competency sign off – home study tasks of 6hrs minimum</p> <p>Duration: 3 Days</p> <p>Cost: £115/Min. Age: 16</p>	<p>Entry point for coaches of children [U7 to U13] provides those working with children 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.</p> <p>Mandatory Pre-course Tasks:</p> <ol style="list-style-type: none"> 1. Attend face to face World Rugby Ready 2. Complete World Rugby online Rugby Ready course 3. Complete ‘New Rules of Play laws test <p>Must have attended Rugby Ready course before applying for this course.</p>



COACHING THE 15-A-SIDE GAME

Course Name	Course Descriptor
<p>Scrum Factory</p> <p>30% Classroom delivery and Interactive tasks; 70% Practical</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The Scrum Factory aims to increase the number of players able to play in the scrum, particularly the front row. The course is designed to help coaches, match officials and players to understand individual and collective techniques, as well as position specific conditioning. Meaningful sessions can be delivered regardless of numbers attending training and with minimal equipment and expense to the club or school.</p>
<p>Coaching Continuity in the 15-a-side game</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>This course focuses on the manipulation of a defence by the ball carrier and support. As the primary threat to a defensive line, the ball carrier can disrupt the line shape and present opportunities to evade tackles, while maintaining forward movement.</p>
<p>Coaching Back Attack in the 15-a-side game</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The strategy and tactics of the backs should reflect the skills of your players. The most important area may be how space is attacked. The ability to manage the space in front and between the teams is vital. Players should understand that pressure cannot be applied to the opposition unless they put themselves under pressure. This module helps coaches condition sessions to develop decision-making in the face of varying scenarios.</p>
<p>Coaching Defence in Phase Play in the 15-a-side game</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The target audience for the Defence in Phase Play course is under-16 age group and above. Younger players should focus on tackle technique and scoring tries. The course is based on a set of philosophies and is not a system in itself. If players lack tackle skills, a defence system may have limited success.</p>
<p>Coaching Half Back Play in the 15-a-side game</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>Development of Technical and Tactical Understanding in Half Backs is essential for a team to achieve its potential. This course helps coaches understand how to help players apply some principles in the game, by creating realistic practices.</p>

Course Name	Course Descriptor
<p>Coaching Kicking in the 15-a-side game</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>Traditionally, the coach tells the players when to kick and the player kicks. However, will this impact on the player's decision making skills? By working in a game format the players have multiple opportunities to explore tactically and technically through discovery learning. Kicking lends itself to varied game-related activities that are both enjoyable and educational, some of which are covered during the kicking module.</p>
<p>Coaching Maul and Ruck in the 15-a-side game</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>This module focuses on players' lack of game understanding at the breakdown, partly due to expectations embedded by the traditional drill format. The drill is an excellent tool for developing technique in isolation but of little value for game understanding.</p>
<p>Coaching the Lineout in the 15-a-side game</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The lineout module explores, through a game-sense approach, innovative and active practices maximising player involvement. Coaches must monitor fatigue as this approach may mean far more jumping and lifting than in a match, and safety is always of paramount importance.</p>
<p>Team Selection</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The process of team selection in clubs is often based on subjective judgment, or a gut feeling on how a player is performing or may perform. Team selection is one of the most regular activities carried out on a weekly basis. The team selection course helps coaches to be both proactive and reactive in selecting.</p>



Course Name	Course Descriptor
<p>Coaching 7-a-side Rugby</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>This course introduces coaches to the principles of coaching seven-a-side rugby and develops their understanding of attacking and defensive frameworks from phase play and set piece. It will be of use for devising practices and by offering coaching models that help to use these practices with players.</p>
<p>Managing Contact</p> <p>100% Practical</p> <p>Supported by online material</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>Using intelligence from the RFU Injury survey to identify risk areas of the game, Managing Contact is a practical course supported by online footage which looks at how techniques from other sports such as Grappling and Judo to help coaches develop players who are physically prepared and have safe and effective skills in the contact area.</p>
<p>Goal Setting</p> <p>100% Classroom delivery and interactive tasks</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 18</p>	<p>To reach a desired outcome with accuracy requires goal setting, a method of planning, committing and delivering actions rather than wishes. The process to achieving a long term goal is to break it down into medium and short term goals that lead to the eventual outcome required. These goals help to monitor progress, to motivate and to identify a range of factors that motivate individuals through goal setting. This module helps coaches develop these skills.</p>
<p>Performance Analysis</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 18</p>	<p>This course explores the simple yet effective ways in which coaches in the Community game can adapt analysis techniques from the Elite game to provide meaningful information to be able to identify development areas for the individual player and the team.</p>
<p>Game Planning</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 18</p>	<p>By the end of this module, the coach should be able to plan a basic game plan, building upon your coaching & playing philosophy & the strength and weaknesses of your players and the team.</p>
<p>Planning and Periodisation</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 18</p>	<p>This module plans Periodisation: the dividing of an annual training plan into a number of shorter units (phases) that vary in purpose and intensity to produce optimum performance at desired times.</p>
<p>Player Profiling</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 18</p>	<p>Player Profiling is the most accurate, objective way to analyse ability. Coaches should be aware of the benefits of effective profiling and devise templates to gather accurate information. Inaccurate profiling affects the coach-player relationship, so this course highlights the need for objective data, from evidence, not opinion or assumption.</p>

Course Name	Course Descriptor
<p>Director of Rugby Course</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 4 days</p> <p>Cost: £600/Min. Age: 18</p>	<p>The Director of Rugby course has been developed by the RFU in partnership with the Ashridge Sport and Business Initiative to develop and support a generation of dynamic and inspirational leaders for the game. It is aimed at those leading rugby programmes in clubs, schools, Colleges and Universities. The course will develop leadership and management themes, but set them firmly in an applied rugby context.</p> <p>The course will be delivered over four days, taking in four modules. Modules will be delivered in two sets of consecutive days, with residential accommodation provided within the cost. `Over dinner at each overnight stay, there will be chance to listen to and question an experienced Director of Rugby to further develop your learning. It is envisaged that each cohort will become part of an ongoing Community of Learning, sharing practice and experience for years to come and the RFU intends to help facilitate this.</p> <p>The content will be delivered as follows:</p> <p>Module 1</p> <ul style="list-style-type: none"> • The DOR Role • What is Success: Vision, Mission, Values <p>Module 2</p> <ul style="list-style-type: none"> • Stakeholder Mapping and Engagement • Change Management <p>Module 3</p> <ul style="list-style-type: none"> • Leadership Models and Style • Conflict Management and Influencing <p>Module 4</p> <ul style="list-style-type: none"> • Managing Performance and Developing People • Players, Coaches and Support staff • Appraisal • Succession Planning – Captains, Leaders



Course Name	Course Descriptor
<p>Players First</p> <p>Comprising of three workshops:</p> <ol style="list-style-type: none"> 1. Environment 2. Creativity 3. Success <p>100% Practical</p> <p>3 Separate Workshops: Each 2 hours in Duration</p> <p>Cost: £100 per club/Min. Age: 14</p> <p>This course is split into three separate workshops to provide an opportunity for coaches reflect on how they construct, adapt, progress and challenge players through their coaching delivery, highlighting key skills and approaches to better understand how to engage with your players</p>	<p>Workshop 1 – ‘Environment’</p> <p>Part 1 - Developing healthy relationships between players and coaches</p> <p>Part 2 - Developing a culture of inclusivity, support and achievement</p> <p>Part 3 - Understand the wider principles of a person centred approach to coaching</p> <p>Workshop 2 – ‘Creativity’</p> <p>Part 1 - Understanding creativity and its impact on engagement and outcome</p> <p>Part 2 - Understanding how to create adaptive games through the application of conditions</p> <p>Workshop 3 – ‘Success’</p> <p>Part 1 - Coaching through games</p> <p>Part 2 - Differentiating Activity by challenge and outcome</p> <p>Part 3 - Returning to the Game</p>
<p>UKCC Level 2: Coaching the 15-a-side game</p> <p>30% Classroom delivery and Interactive tasks; 70% Practical</p> <p>Assessment via Competency sign off – home study tasks of 6hrs minimum</p> <p>Duration: 3 Days</p> <p>Cost: £115/Min. Age: 18</p>	<ul style="list-style-type: none"> • 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 <p>Mandatory Pre-course Tasks:</p> <ol style="list-style-type: none"> 1. Attend face to face World Rugby (IRB) Rugby Ready 2. Complete Scrum Factory Course 3. Complete IRB Laws Test <p>Must have attended Rugby Ready (or hold UKCC Level 1 Coaching Rugby Union Award) and RFU Scrum Factory course before applying for this course.</p>

Course Name	Course Descriptor
<p>UKCC Level 3: RFU Advanced Coaching Award</p> <p>Combination of theory and practical study delivered face to face and supported off course through on-going work/club based assessments</p> <p>Minimum 1 year of study</p> <p>Assessment via competency sign off</p> <p>Duration: 3 days and Seasons Programme</p> <p>Cost: £1000/Min. Age: 18</p>	<p>On successful completion of the Level 3 all coaches should be able to:</p> <ul style="list-style-type: none"> • Analyse participants' current and potential performance needs and aspirations • Articulate clear Coaching and Playing philosophies • Plan a coaching programme according to agreed goal • Manage a safe and effective coaching environment • Deliver a coaching programme using a range of coaching styles and interventions to meet participants' needs • Manage and develop personal coaching practice • Manage and develop those around them • Coach techniques & tactical concepts of rugby union • Demonstrate an understanding of the units & sub-units and their contribution to team play and the principles of rugby union • Demonstrate an understanding of the principles of attack and defence <p>The course consists of 3 modules, 2 of which are delivered face-face, and one as development in the coaching workplace, supported by a trained RFU mentor. The course lasts one year and applicants should make themselves available for all modules. The course is a mixture of practical and classroom based activities.</p> <p>Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course.</p> <p>The coach must be aged 18 years of age or over and hold a Level 2 or equivalent Rugby Coaching Qualification. The coach must demonstrate evidence of regularly attending recent coach development courses, seminars or coaching conferences & must have significant experience of coaching within or managing a 15-a-side team or programme. Attendance at Advanced CPD - Minimum 2 as pre-requisite prior to application.</p>



Course Name	Course Descriptor
<p>UKCC Level 4: Coaching Rugby Union</p> <p>Combination of theory and practical study delivered face to face and supported off course through on - going work/club based assessments. Includes a long term assignment and is Postgraduate in nature</p> <p>Minimum 10 months of study Duration: 12 days Cost: £2750 + VAT/Min. Age: 18</p>	<p>The Level 4 Course in Coaching Rugby Union has been developed in line with UK Coaching Certificate (UKCC) criteria. The course is postgraduate in nature and it is intended that coaches on the course receive academic credit for achieving Level 4 in partnership with a Higher Education (HE) institution (subject to achieving the required standard of a prescribed supplementary module and paying the HE administration and management fee - amount to be confirmed).</p> <p>Admission to the UKCC Level 4 Rugby Union course will normally require evidence of the following criteria:</p> <ul style="list-style-type: none"> • UKCC endorsed Level 3 Award or equivalent • Appropriate experience of talent development, performance or elite coaching in Rugby Union • Evidence of a capacity for extended study at postgraduate level • Demonstration of currency, involvement in the sport, and commitment to the game



MATCH OFFICIATING

Course Name	Course Descriptor
<p>Old Mutual Wealth Kids First Refereeing Children</p> <p>40% Classroom delivery and Interactive tasks; 60% Practical</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>This course has been designed specifically for those who wish to start their refereeing career, refereeing children (U7-U13).</p> <p>This course will provide you with a solid basis on which you can continue to build and improve your skills as a referee of children.</p> <p>The course is a mixture of practical and classroom based activities. Delegates must be aged 14 years of age or over. No prior experience is necessary.</p> <p>Mandatory Pre-course Tasks:</p> <ol style="list-style-type: none">1. Complete World Rugby online Rugby Ready course2. Complete Kids First Refereeing Children Online test (link sent to after booking)
<p>Scrum Factory</p> <p>30% Classroom delivery and Interactive tasks; 70% Practical</p> <p>Duration: 3 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The Scrum Factory aims to increase the number of players able to play in the scrum, particularly the front row.</p> <p>The course is designed to help coaches, match officials and players to understand individual and collective techniques, as well as position specific conditioning. Meaningful sessions can be delivered regardless of numbers attending training and with minimal equipment and expense to the club or school.</p>



Course Name	Course Descriptor
<p>CMOD Match Preparation</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>This course prepares candidates to recognise and understand the importance of pre-match preparation (mental and physical) and provides a framework for developing and completing a Personal Development Plan. Increase the candidate's awareness of the benefits to them and the game of planning and preparation.</p>
<p>CMOD Understanding the Game</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The course provides candidates with an understanding of the Principles of Play. Through practical application consider the laws in relation to these. Develop an understanding of how the principles of play may be used by teams.</p>
<p>CMOD Communication & Management</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The course provides candidates with an understanding of why and how conflict can escalate. Prepare identified strategies for which to avoid and deal with conflict between themselves and Coaches & Captains. Have an awareness of how to receive and benefit from feedback with the opportunity to develop practice.</p>
<p>CMOD Assistant Referee & Touch Judge</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The course prepares candidates to understand their responsibilities as a Touch Judge (TJ) or Assistant Referee (AR). Understand the laws around touch and be able to put them into practice confidently. Know how to signal correctly with best practise around positioning.</p>
<p>CMOD Advantage</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The course develops candidates understanding of Law 8 and the purpose of "advantage". To understand and recognise the different types of advantage and increase the candidates confidence in using and applying advantage.</p>
<p>CMOD Use of Sanctions (Yellow & Red Cards)</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The course will support the development of candidates in understanding how to apply and use sanctions during a match.</p> <p>This course will provide a solid basis on which candidates can continue to build and improve their knowledge, skills and experience.</p>
<p>CMOD Tackle</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The course supports the candidates develop an understanding of Law 15 the tackle, supporting a safe playing environment. Develop an understanding of what the tackle may be like at the level they officiate. Review how the tackle is managed at the level they officiate. Consider how they plan to officiate the tackle in their next game.</p>

Course Name	Course Descriptor
<p>CMOD Ruck</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost £5/Min. Age: 14</p>	<p>The course will develop further a candidates understanding of Law 16 the ruck, supporting a safe playing environment. Develop further understanding of what the ruck may be like at the level they officiate. Review how the ruck is managed at the level they officiate at. Consider how they plan to officiate the ruck in their next game.</p>
<p>CMOD Maul</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost £5/Min. Age: 14</p>	<p>The course will develop further a candidates understanding of Law 17 the maul, supporting a safe playing environment. Develop further understanding of what the maul may be like at the level they officiate. Review how the maul is managed at the level they officiate.</p>
<p>CMOD Scrum</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost: £5/Min. Age: 14</p>	<p>The course will support the candidates understanding of the purpose of the scrum. Understand and recognise a safe and effective body position/shape for the scrum. Increase the candidate's confidence in managing the scrum. Consider how they plan to officiate the scrum in their next game.</p>
<p>CMOD Line-out</p> <p>100% Classroom delivery and Interactive tasks</p> <p>Duration: 1.5 hours</p> <p>Cost £5/Min. Age: 14</p>	<p>The course will develop the candidates understanding of the purpose of a lineout. Understand and recognise the different positions that the candidate can adopt at a lineout.</p> <p>Consider how they plan to develop their positioning and understanding of a lineout in their next game.</p>
<p>Refereeing the 15-a-side game</p> <p>40% Classroom delivery and Interactive tasks; 60% Practical</p> <p>Duration: 2 Days</p> <p>Cost: £50/Min. Age: 14</p>	<p>This course is for new and developing referees wanting to referee the 15-a-side game and will equip candidates with the skills and confidence to do so effectively. It is delivered using a mixture of practical and classroom based activities.</p> <p>By the end of the course the delegates will:</p> <ul style="list-style-type: none"> • Have developed their refereeing goals and understand the principles of play • Understand how to plan and prepare to referee • Understand how to referee players of different ages and levels of experience • Be able to referee rugby union matches • Analyse their own performance and feedback from others and improve performance as a referee <p>The course is a mixture of practical and classroom based activities.</p> <p>Mandatory Pre-course Tasks:</p> <ol style="list-style-type: none"> 1. Complete World Rugby online Rugby Ready course 2. Complete World Rugby online Laws test <p>Assessment via Competency sign off – home study tasks of 6 hrs minimum.</p>



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