ACTION SIX

What RFU courses & resources are available to me? RFU Community Rugby has a number of courses & resources designed to meet your needs:

RFU Accreditation - RFU Seal of Approval (for Clubs), RFU Development School Award or HERDP Programme (for Universities) and/or RFU College Awards (for FE Colleges)
We encourage all link partners to work towards accreditation – your Rugby Development Officer (RDO) can support you in the process. See below for your RDO contact details.

RFU Proficiency Awards • Created to help coaches, teachers and players measure player development, they can form a key part of creating individual player development plans at club, school, college or university level. For more details go to www.rfu.com/ Managing Rugby > Club Development > Players > Player Proficiency Awards

Rugby Leaders Foundation Award • Rugby Leaders Foundation can be taken at 14. This is rugby's specific leadership course, using tag rugby it lasts five hours, two hours of which are spent on delivery of rugby based projects in the community. The course has been designed as a stand alone course or as a bolt on to the Level 1 Award in Sports Leadership and Level 2 Award in Community Sports Leadership. The course includes the Start Coaching Tag Rugby Course.

Tag Rugby • Simple 3 hr introduction to coaching non contact rugby.

Rugby Ready • Simple 3 hr introduction to coaching contact rugby.

Level I • First nationally recognised coaching award course – 21 hours focusing on generic 'How to Coach' and rugby specific skills . The Level 1 Certificate in Coaching Strength and Conditioning, (L1CCSC). It is a vocationally related qualification studying both practical and theoretical aspects of coaching strength and conditioning. This course will enable you to Deliver aspects of coaching sessions under direction, and assist a qualified strength and conditioning coach

Level 2 • The Level 2 Certificate in Coaching Strength and conditioning (L2CCSC). It is a vocationally related qualification studying both practical and theoretical aspects of coaching strength and conditioning. This course enables the candidate to 'Prepare for, deliver and review coaching session's' *E.g.* Coach a group of players/athletes – club coach/ teacher in strength and conditioning

For more details of the coaching courses listed please visit www.rfu.com/coach

Volunteering opportunities • An active policy of engaging and supporting young people in delivering the sport, based on local needs and opportunities, with an extensive catalogue of Models of Good Practice. There is also the fantastic initiative vRugby for young volunteers and the Presidents XV recognition awards for English rugby. See www.rfu.com/volunteer section for more details.

Entry Level Referees Award (ELRA) • Entry Level Referee Award (ELRA) Course 12 hour introduction to refereeing Rugby Union. Practical and informative delivery to allow delegates to officiate from u13 to senior rugby see www.rfu.com/referee for details

RUGBY FOOTBALL FOUNDATION

RFU

THIS IS RUGBY.

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP