



England Rugby Training Courses 2018/19



englandrugby.com



Think Rugby...

Think:



RUGBY
SAFE



**PUTTING PLAYER WELFARE
AT THE HEART OF THE GAME**

englandrugby.com/RugbySafe



**England
Rugby**

Contents



What courses are right for you?

4

Player Welfare

6

Coaching

8

Match Officiating

13

BOOK YOUR COURSE ONLINE!



SEARCH 'RFU ONLINE COURSE BOOKING'
OR CLICK HERE

WHAT ENGLAND RUGBY TRAINING IS APPROPRIATE FOR YOU?

Recommended for all



Headcase Online Concussion Module
Play it Safe
Emergency First Aid in Rugby Union

Who do you work with?



U7	U8	U9	U10	U11	U12	U13
		England Rugby Coaching Award				
Age Group Specific Quilter Kids First CPD Courses						
		Quilter Kids First Refereeing Children				
			Scrum Factory			

U14	U15	U16	U18	Adult
England Rugby Coaching Award				
England Rugby Refereeing Award				
Scrum Factory				
Continuous Match Official Development Courses				
Coaching U14 Rugby, CARDS, Principles of Attack, Principles of Defence, Coaching GameChangers				
Director of Rugby Course				
Level 3 Coaching Course				
Level 4 Coaching Course				

Do You Have a Specific Role?

Role	Training Course
Primary School Teacher	Quilter Kids First Rugby - Schools
Secondary School Teacher	Rugby Union in Secondary Schools
Safeguarding Officer/Manager	In Touch Course
Pitch Side Medical Practitioner	PHICIS Level 2
Advanced Pitch Side Medical Practitioner	PHICIS Level 3



KEEP YOUR BOOTS ON!

GET STARTED IN 2018!

Whether you are thinking of becoming a rugby coach, referee or medic the Keep Your Boots On! website is where to find the best advice on how to get started.

KEEPYOURBOOTSON.CO.UK

Use the KYBO! Course Locator to make it easy to find and register onto a course near you. Sign up to receive eMail Tips.

More men and women want to play the game whether it's O2 Touch, Rugby Sevens or 15-a-Side.

That means we need more Coaches, Referees and Medics. We need people like you with a passion and enthusiasm to

KEEP YOUR BOOTS ON!

PLAYER WELFARE

Course Title	Course Descriptor
Rugby Ready Cost: £15 Duration: 3 hours Min. Age: 14	The Rugby Ready course is targeted at coaches and match officials and provides information on the importance of sufficient and appropriate preparation for training and playing while reducing the risk of serious injury.
Headcase Online Concussion Module Cost: Free Duration: 30 minutes Min. Age: Open	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. There are modules for coaches, match officials, players, teachers and parents/guardians. It is available at www.englandrugby.com/headcase
Emergency First Aid in Rugby Union Delivery Option 1 Duration: 1 x 9 hour day Cost: £50 Delivery Option 2 Duration: 3 x 3 hour evening modules Cost: £75 Min. Age: 16	The EFARU provides learners with the skills, knowledge and understanding required to give care and manage minor injuries and illness and potentially life threatening conditions specifically focusing on those occurring in a rugby environment. The EFARU course sits on the national qualification framework and is recognised as an equivalent to the Emergency First Aid at Work (EFAW) and is transferable into the work place. The course includes extra rugby specific elements and is 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.
PHICIS L2 Cost: £300 Duration: 10 hours + online Min. Age: 18	This course is for pitch side practitioners seeking an introduction to the delivery of immediate care in sport. The course will address the Immediate Care training needs of doctors, physiotherapists and postgraduate allied medical personnel working within rugby and other contact sports. 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.

Course Title	Course Descriptor
PHICIS L3 Cost: 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: Year 1 First course (2 days) - £600, Year 2 Re-accreditation (1 day) - £400, Year 3 Re-accreditation (1 day) - £400, Year 4 Recertification (2 days) - £600 Min. Age: 18	This course is for pitch side practitioners seeking advanced skills in the delivery of immediate care in sport. 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. 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.
Play it Safe Cost: £15 Duration: 2.5 hours Min. Age: 16	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.
RugbyAware Cost: Free Duration: 1.5 hours Min. Age: Open	RugbyAware is an annual campaign where clubs have the opportunity to host a session to engage their members and parents. Whether a coach, match official, teacher, parent, volunteer or player the RugbyAware sessions are an opportunity for everyone involved in rugby union to gain knowledge and understanding on some of the current topics in the game.
Activate - Injury Prevention Exercise Programme (www.englandrugby.com/activate) Cost: Free Duration: 2.5 hours Min. Age: Open	The Activate - Injury Prevention Exercise programme is based on a research which found the targeted exercise programme to significantly reduce rugby injuries including by over 70% and concussion. The session equips coaches and teachers with the key components of the exercises and provides ideas on how to the implement programme as part of existing rugby and PE sessions. These sessions are supported with online resources including videos and downloadable content.



COACHING

Course Title	Course Descriptor
England Rugby Coaching Award (Level 2) Cost: £150 Duration: 3 days Min. Age: 16	This course is an entry point for coaches working with players of U9 and above, it is tailored to the needs of the players you are coaching. It provides coaches with the knowledge, skills and attributes to effectively coach young players and adults and is an Accredited UKCC Level 2 qualification. Attendees must have completed the RFU online Headcase module prior to attending the course.
England Rugby Coaching Award (Level 2) 1:1 Route Cost: £415 Min Age: 16	This course can now be offered as a 1:1 route to achieving the qualification. Book online and England Rugby will allocate you with a course tutor. They will visit you 4 times in your own coaching environment to observe your coaching. You will also be required to complete online modules and compile a portfolio of evidence.
Towards Level 3 Development Day course Cost: £30 Duration: 6 hours (3 hours eLearning/3 hours face to face workshop) Minimum Age: 18	This course is for coaches wishing to apply for the Level 3 RFU Advanced Coaching Award. It will explore the model of developing players who are Creative, Aware, Resilient, Decision Makers and Self Organisers. Attendees will be encouraged to reflect on their current coaching practice and content will support their Level 3 application. Attendance on this course is a prerequisite for those wishing to apply for the Level 3 Advanced Coaching Award.
UKCC Level 3: RFU Advanced Coaching Award Cost: £1,000 Duration: 3 days plus full season programme Min. Age: 18	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. 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.
UKCC Level 4: Coaching Rugby Union Cost: £3,300 Duration: 12 days across 10 months of study Min. Age: 18	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). For admission to the UKCC Level 4 Rugby Union course applicants will normally require evidence of the following criteria: 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 and demonstration of currency, involvement in the sport, and commitment to the game.

Course Title	Course Descriptor
Quilter Kids First U7 Tag Cost: £15 Duration: 2.5 hours Min. Age: 14	The U7 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will explore the U7 Tag Rugby rules and the core skills needed to play Tag Rugby.
Quilter Kids First U8 Tag Cost: £15 Duration: 2.5 hours Min. Age: 14	The U8 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will explore the changes to Tag Rugby rules at U8 and the core skills needed to play Tag Rugby.
Quilter Kids First U9 Cost: £15 Duration: 2.5 hours Min. Age: 14	The U9 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will focus on the introduction to tackling and the rules associated with the tackle and offside.
Quilter Kids First U10 Cost: £15 Duration: 2.5 hours Min. Age: 14	The U10 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It looks safely and effectively coaching the scrum, ruck and maul and the rules associated with introducing these elements of the game.
Quilter Kids First U11 Cost: £15 Duration: 2.5 hours Min. Age: 14	The U11 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. This workshop explores further progressions in the scrum and tackle area, as well as kicking.
Quilter Kids First U12 Cost: £15 Duration: 2.5 hours Min. Age: 14	The U12 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. This workshop looks at safe coaching of pushing in the scrum, coaching the 5 man scrum and changes to the rules at the tackle area.
Quilter Kids First U13 Cost: £15 Duration: 2.5 hours Min. Age: 14	The U13 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. This workshop explores further developments to the scrum and kicking.
Quilter Kids First Rugby – Primary Schools Cost: £25 Duration: 3 hours Min. Age: 18	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. This course will support primary school staff to develop an understanding of how to teach rugby union in a fully inclusive, engaging and enjoyable manner and help them to use Rugby Union to meet the outcomes of the National Curriculum for Physical Education.

Course Title	Course Descriptor
Rugby Union in Secondary Schools Cost: £40 Duration: 1 day Min. Age: 18	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. This course will support secondary school staff to develop an understanding of how to teach rugby union in a fully inclusive, engaging and enjoyable manner. It will help them to develop 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.
Scrum Factory Cost: £15 Duration: 2.5 hours Min. Age: 14	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.
Coaching U14 Rugby Cost: £15 Duration: 2.5 hours Minimum Age: 14	The U14 workshop will introduce learners to coaching 15 a side rugby. It will continue to utilise the Kids First philosophy by coaching through adaptive games and the principles of play, and is designed to support coaches to successfully transition players into the 15 a side game from Kids First rugby.
CARDS Cost: £15 Duration: 2.5 hours Minimum Age: 14	This course explores how coaches can develop and use the England Rugby model of developing players who are Creative, Aware, Resilient, Decision Makers and Self - Organisers. We will explore how using challenges and creating problems for players to solve can help develop these skills along with examining of the coaches actions and behaviours to support.
Principles of Attack Cost: £15 Duration: 2.5 hours Minimum Age: 14	This course has a blend of theory and practical and will look at exploring the England Rugby principles of attack- Go Forward, Support, Continuity and Pressure. The practical activities are designed to help coaches to challenge player's creativity, decision making and self -organisation in attack and includes the use of effective contact skills.
Principles of Defence Cost: £15 Duration: 2.5 hours Minimum Age: 14	This course is a blend of theory and practical which will look at exploring England Rugby's principles of defence which are: • Assess threats • Cut down options • Get the ball back. The practical activities are designed to help the coach to challenge player's decision making and self -organisation in defence, whilst developing tackle technique.
Coaching GameChangers Cost: £15 Duration: 2.5 hours Minimum Age: 14	This workshop explores ideas around shaping and sharing meaningful game based practices to effectively facilitate player development within a fun and inclusive environment. Attendees will be helped to understand the key principles that are necessary for effective game design through a blend of theory and practical. Those attending will leave with tangible ideas around 'what' and 'how' to coach through effective Game Zones.

Course Title	Course Descriptor
Managing Contact Cost: £15 Duration: 2.5 hours Min. Age: 14	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.
Director of Rugby Course Cost: £600 Duration: 4 days Min. Age: 18	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.
Inside 7s – January to April Cost: Free Duration: 4 online modules Min. Age: Open	Available from January to April, Inside 7s is an online coaching course released in weekly chapters. England 7s Head Coach Simon Amor works with the England team, explaining Coaching of Attack, Defence, Passing and realignment, and the Breakdown.





MATCH OFFICIATING

Course Title	Course Descriptor
England Rugby Refereeing Award (Level 2) Cost: £75 Duration: 2 days Min. Age: 14	This course is the entry point for those wishing to referee the 15 a side game, it provides referees with the knowledge, skills and attributes to effectively referee young players and adults and is an accredited L2 qualification. Prior to participating attendees must have completed the RFU online Headcase module and the World Rugby online Laws test.
England Rugby Refereeing Award (Level 2) 1:1 Route Cost: £415 Min Age: 14	This course can now be offered as a 1:1 route to achieving the qualification. Book online and England Rugby will allocate you with a course tutor. They will visit you 4 times to observe your refereeing in training session and match environments. You will also be required to complete online modules and compile a portfolio of evidence.
Quilter Kids First Refereeing Children Cost: £15 Duration: 2.5 hours Min. Age: 14	This course has been designed specifically for those who wish to start their refereeing career by refereeing children (U7-U13). 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. Before attending the course participants should complete Kids First Refereeing Children Online test.
Continuous Match Official Development Tackle Cost: £15 Duration: 2.5 hours Min. Age: 14	This course supports the candidates to develop an understanding of Law 15 the tackle, supporting a safe playing environment. Attendees 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 and consider how they plan to officiate the tackle in their next game.
Continuous Match Official Development Ruck Cost: £15 Duration: 2.5 hours Min. Age: 14	This course will develop further a candidates understanding of Law 16 the ruck, supporting a safe playing environment. Attendees 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 and consider how they plan to officiate the ruck in their next game.
Continuous Match Official Development Maul Cost: £15 Duration: 2.5 hours Min. Age: 14	This course will develop further a candidates understanding of Law 17 the maul, supporting a safe playing environment. Attendees develop further understanding of what the maul may be like at the level they officiate and review how the maul is managed at the level they officiate.
Continuous Match Official Development Scrum Cost: £15 Duration: 2.5 hours Min. Age: 14	This course will support the candidates understanding of the purpose of the scrum. Attendees will understand and recognise a safe and effective body position/shape for the scrum. The course will increase the candidate's confidence in managing the scrum and help attendees consider how they plan to officiate the scrum in their next game.

Course Title	Course Descriptor
Continuous Match Official Development Refereeing Sevens Cost: £15 Duration: 2.5 hours Min. Age: 14	This course helps candidates develop knowledge of the 7s Laws variations, develop an understanding of the Principles of Play, understanding 7s: How does it impact our officiating of 7s and consider how they might plan to next referee 7s.
Continuous Match Official Development Match Preparation Cost: £15 Duration: 2.5 hours Min. Age: 14	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. It aims to increase the candidate's awareness of the benefits to them and the game of planning and preparation.
Continuous Match Official Development Understanding the Game Cost: £15 Duration: 2.5 hours Min. Age: 14	This course provides candidates with an understanding of the Principles of Play. Through practical application consider the laws in relation to these attendees develop an understanding of how the principles of play may be used by teams.
Continuous Match Official Development Communication and Management Cost: £15 Duration: 2.5 hours Min. Age: 14	This course provides candidates with an understanding of why and how conflict can escalate. They will learn how to prepare identified strategies for which to avoid and deal with conflict between themselves and Coaches & Captains. Attendees will develop an awareness of how to receive and benefit from feedback with the opportunity to develop practice.
Continuous Match Official Development Assistant Referee & Touch Judge Cost: £15 Duration: 2.5 hours Min. Age: 14	This course prepares candidates to understand their responsibilities as a Touch Judge (TJ) or Assistant Referee (AR). They will develop understanding of the laws around touch and be able to put them into practice confidently and know how to signal correctly with best practise around positioning.
Continuous Match Official Development Advantage Cost: £15 Duration: 2.5 hours Min. Age: 14	This course develops candidates understanding of Law 8 and the purpose of "advantage". They will understand and recognise the different types of advantage and increase the candidates confidence in using and applying advantage.
Continuous Match Official Development Use of Sanctions (Yellow & Red card) Cost: £15 Duration: 2.5 hours Min. Age: 14	This course will support the development of candidates in understanding how to apply and use sanctions during a match. It will provide a solid basis on which candidates can continue to build and improve their knowledge, skills and experience.





England Rugby, Rugby House, Twickenham Stadium
200 Whitton Road, Twickenham, TW2 7BA
Tel: 0871 222 2120 Fax: 0208 8892 9816

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

Rugby Football Union. The RFU Rose and the words 'England Rugby' are official registered trade marks of the Rugby Football Union.