



England
Rugby

TRAINING COURSE BOOKLET 2023/24



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Clicking on the button next to the course description will take you to online course booking or directly to the eLearning course

Face to Face Courses



eLearning Courses



WHICH COURSE SHOULD I DO?

England Rugby strongly recommends that you should be qualified for the role you hold.

If you are involved in Tag Rugby, this means you should have completed the Kids First Tag Rugby award.

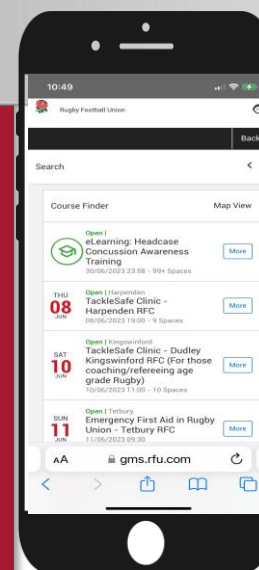
If you work in the U9-U11 age groups you should complete the Kids First Contact Rugby course.

If you work at U12 and above you should complete the England Rugby Coaching and/or Refereeing Awards depending on your role.

Team Managers should complete Play it Safe and First Aiders should take the England Rugby Emergency First Aid in Rugby Union course.

Everyone, **regardless of role**, should complete the Headcase Concussion Awareness and Introduction to Safeguarding eLearning training annually.

englandrugby.com/book-a-course



**CLICK ON THE IMAGE
ABOVE FOR MORE
INFORMATION ABOUT
TRAINING COURSES**



TACKLE HEIGHT

In April, the RFU Council voted to adopt law changes to lower the tackle height in community rugby to below the base of the sternum.

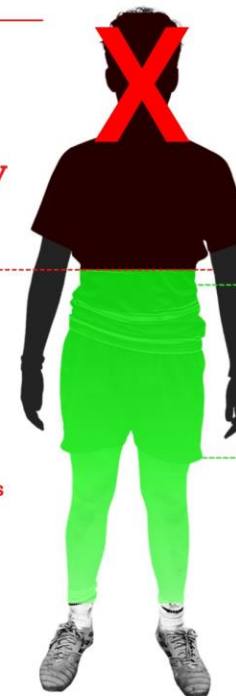
A range of online resources, guidance documents, training videos and face-to-face training opportunities have been created to help support players, coaches and referees implement the changes for 2023/24 season.



COMMUNITY GAME: TACKLE HEIGHT



Any tackles above the base of the sternum may be liable for sanction



**BELOW THE BASE
OF THE STERNUM**

**TARGET THE
BELLY**

OR

**TARGET THE
THIGHS**

RESPECT

We respect our match officials
and accept their decision



SCAN ME

Find more support online
englandrugby.com/tackleheight







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PLAYER WELFARE



PLAYER WELFARE

Course	Description	Min Age	Duration	When	Access the Course
eLearning Headcase Concussion Awareness	This eLearning course explains what concussion is, how it happens and covers the UK Concussion Guidelines for Grassroots sport. It provides information on what individuals can do to help players avoid injury and the process to return safely to play following a concussion.	14	20 mins	All Year	
eLearning Activate	This eLearning course explains what Activate is, how it can be used within training sessions and as part of match-day preparations to improve a player's ability to deal with the game's physical demands, reducing the risk of concussion and other injuries, meaning more players are available.	14	30 mins	All Year	
Play it Safe	This Safeguarding course is for any volunteer, coach or match official who is working with or has responsibility for children and/or vulnerable adults.	16	3 hours	August-June	
eLearning Introduction to Safeguarding	This eLearning course is for anyone working in rugby union who is providing supervised or unsupervised instruction to have a basic understanding of safeguarding.	16	45 mins	All Year	

FIRST AID

Course	Description	Min Age	Duration	When	Access the Course
Emergency First Aid in Rugby Union	The EFARU course provides learners with the skills, knowledge and understanding to give care and manage minor injuries, focusing on those occurring in a rugby setting. The course sits on the national qualification framework (Level 3 Emergency First Aid at Work) and is transferable into the workplace.	18	6 hours face to face + 2 hours eLearning or 2 x 3 hours face to face + 2 hours eLearning	August-June	
eLearning Emergency First Aid in Rugby Union: Modules 1-3: Foundation training refreshers	Each module will address a section of the EFARU course and provide scenarios which can be worked through as an individual or within a group/club setting to consolidate learning	16	30-60 mins	All Year	Available from October.
eLearning Emergency First Aid in Rugby Union: Module 4: Communication	This suite of training is designed to support a pitch side first aider once they have completed their Emergency First Aid (EFA) training.	16	30-60 mins	All Year	Available from December
eLearning Emergency First Aid in Rugby Union: Module 5: Reporting & Documentation	This suite of training is designed to support a pitch side first aider once they have completed their Emergency First Aid (EFA) training.	16	30-60 mins	All Year	Available from December
eLearning Emergency First Aid in Rugby Union	This eLearning module is designed as a pre-requisite tool which must be completed prior to attending the face to face component of the first aid course. It contains written content and videos to provide foundation knowledge of everything covered on the course. It is not recognised as a stand alone first aid course/qualification.	18	45 mins	All Year	

HOW CAN WE RUN A PLAY IT SAFE (SAFEGUARDING) OR FIRST AID COURSE AT OUR CLUB?

You can request either of these courses to take place at your club.

First, ensure that you have enough people who want to take the course. For a Play it Safe (safeguarding) course you'll need between 10 (minimum) and 20 (maximum) people. First Aid courses need between 8 (minimum) and 12 (maximum) people.

When you've checked this, you can request a course. Click on the course button below to find out how to organise one for your club.

PLAY IT SAFE

FIRST AID



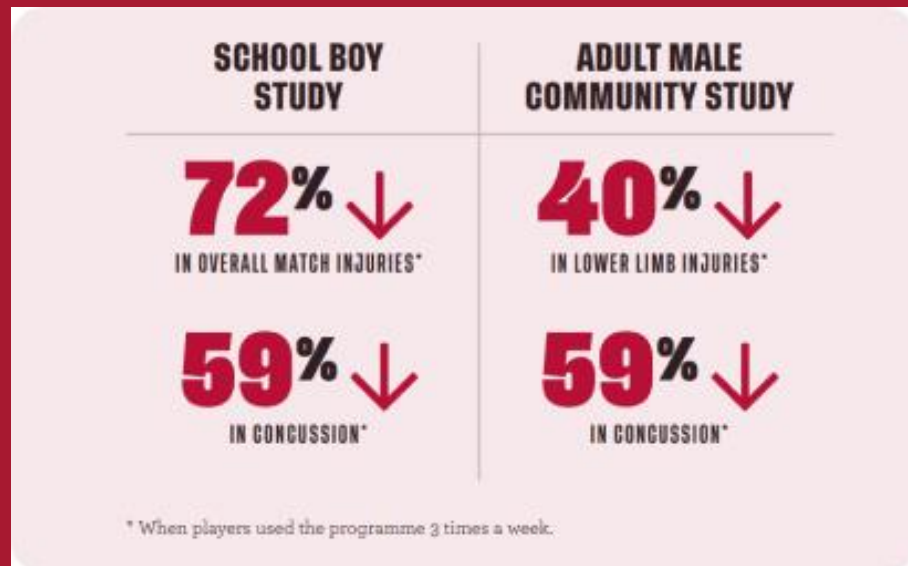
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ACTIVATE

Activate is the RFU's Injury Prevention Exercise Programme.

Activate is an injury prevention exercise programme that should be integrated into training and pre-match sessions.

Exercises are designed to improve functional and core strength, balance and agility, helping players with the game's physical demands.



englandrugby.com/participation/coaching/activate

THE BENEFITS OF USING ACTIVATE

ACTIVATE HELPS PLAYERS TO DEVELOP AND IMPROVE FOUR KEY AREAS.

1: GENERAL MOVEMENT CONTROL

Develops adaptability allowing for better 'physical' decisions and reaction around the contact areas.



2: PRE-ACTIVATION

The progressive nature of the programme improves muscle activation and enables them to respond better to the demands of exercise.



3: FUNCTIONAL CONDITIONING

Over time functional power and strength develops which increases flexibility and range of movement.



4: PHYSICAL ROBUSTNESS

Develops the muscles, tendons and ligaments ability to endure physical demands and forces placed on them during exercise.



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KIDS FIRST RUGBY

WHO ARE KIDS FIRST RUGBY TRAINING COURSES FOR?





During the Kids First stages you are likely to be both coaching and refereeing, so Kids First courses cover both of these areas.

If you are working with U6-U8 players you should complete the Kids First Tag Rugby course.

If you are working with U9-U11 players you should take the Kids First Contact Rugby course. Here you will learn how to safely and effectively referee and coach the contact areas of the game.

The eLearning courses act as good refreshers if you have already completed the face to face training, or can be taken if you have just started your role and can't attend a course until next season.





Course	Description	Min Age	Duration	When	Access the Course
Kids First Tag Rugby	This non-assessed course is designed for those working in the Tag Rugby age groups (U6-U9). It supports the development of active, purposeful, enjoyable and safe tag rugby environments for children. Participants will also learn the rules and practice refereeing tag rugby.	14	2 hours	August /September	
eLearning Kids First Tag Rugby	This eLearning course provides continued support for coaches and referees who have participated in the face to face Kids First Tag course and also acts as a great resource to help you get started with your players in these age groups while you prepare to attend your face to face course.	14	45 mins	All Year	
Kids First Contact Rugby	This non-assessed course is designed for those working in the U9 - U11 game. It will help participants to safely coach and referee the contact areas of the game and it is recommended that everyone coaching or refereeing contact rugby has completed this course.	14	2 x 3 hour sessions	August /September	
eLearning Kids First Contact Rugby	This eLearning course provides continued support for coaches and referees who have participated in the face to face Kids First Contact course and also acts as a great resource to help you get started with your players in these age groups while you prepare to attend your face to face course.	14	45 mins	All Year	



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REFEREEING

Course	Description	Min Age	Duration	When	Access the Course
Introduction to Refereeing	This course is a great way to start your refereeing journey, introducing key concepts around safety, equity, and enjoyment of refereeing. Covering all essential aspects of the game, candidates undertake both practical and self-directed theoretical learning giving you the skills and knowledge to begin officiating rugby in the youth and adult game or to upskill prior to taking the next step, the England Rugby Refereeing Award.	14	3 hours online eLearning, 3 hours face to face	Aug-Sep, Dec-June	
England Rugby Refereeing Award	Competency based assessment course. A course which provides the knowledge, skills and attributes to safely and effectively referee young players and adults. Develops the learner in a practical-based environment, designed for those refereeing from U12 upwards.	14	2 face to face days, online networking and in situ based tasks.	Day 1: Oct/Nov With online networking and in situ based tasks Jan-Apr. Day 2: May/June	
England Rugby Advanced Match Official Award	Competency based assessment course, practical observations and community of practice events. The course is by application, with prerequisites and builds strongly on the England Rugby Referee Award qualification. It is for active match officials who wish to develop their skills, knowledge and understanding to the next level.	18	4 face to face days, webinars, eLearning, practical observations and community of practice events.	Starts Aug, 10 month course	Application Only

HOW DO I ORGANISE AN INTRODUCTION TO REFEREEING COURSE AT MY CLUB?

The England Rugby Introduction to Refereeing course provides development and learning around refereeing Rugby Union safely and effectively.

In this blended six-hour face to face and online course, you will learn the basics of how to referee a number of elements of the game and how to communicate effectively with players, coaches and volunteers.

You can request a course to take place at your club, click on the course button below to find out how.

INTRODUCTION TO REFEREEING
















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COACHING

Course	Description	Min Age	Duration	When	Access the Course
England Rugby Coaching Award	Competency based assessed course. Entry point for those coaching U12 and above. Provides the knowledge, skills and attributes to safely and effectively coach young players and adults.	16	2 face to face days, communities of practice and in situ based tasks.	Day 1: Oct/Nov Day 2: May/June	
Developing Advanced Coaching Practice	The Developing Advanced Coaching Practice course forms the pre requisite to enrolling on to Part 2 (the assessment) of the England Rugby Advanced Coaching Award. The course runs across the full season, aiming to develop candidates knowledge, skills and behaviours over time by building on experiences within their environments. Developing Advanced Coaching Practice is a recognised CCD and on successful completion will be added to the candidates GMS profile	18	4 face-to-face learning days, supported with webinars and eLearning.	Starts July, 10 month course	
England Rugby Advanced Coaching Award	On completion of the Developing Advanced Coaching Practice course coaches can enrol on to Part 2 (competency based assesement). This sees coaches choose a domain specific assesment focusing on knoweldge, skills and behaviours.	18	4 x in situ coaching assessments, plus video assessment and webinars	Starts July, 10 month course	

Course	Description	Min Age	Duration	When	Access the Course
<p>England Rugby Performance Coaching Award</p>	<p>This programme is designed to provide both personalised and collaborative experiences for professional and expert coaches to learn, unlearn and re-learn in order to influence the game. Coaches have to be in relevant High-Performance roles in order to be considered and ultimately gain access to the course.</p>	<p>18</p>	<p>18-month programme consisting of at least 4 face to face days, a series of High-Performance focused modules delivered by subject matter experts across webinars with practical/video observations and community of practice events.</p>	<p>Starts January, 18 month course</p>	<p>Click below to access the Expression of Interest Form</p> 




Course	Description	Min Age	Duration	When	Access the Course
Principles of Scrummaging	This course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching.	14	2.5 hours	October	
eLearning Principles of Scrummaging	This eLearning module is for those who have completed the face to face course through excellent scrum video resources and can also help those preparing to take the course.	14	45 mins	All Year	
Principles of Lineout	This course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	14	2.5 hours	March/April	
eLearning Principles of Lineout	This eLearning module is for those who have completed the face to face course through excellent lineout video resources and can also help those preparing to take the course.	14	45 mins	All Year	
eLearning Inside 7s	This eLearning course explores the coaching of 7s rugby union, focusing on attack, defence, passing, realignment and the breakdown, via a series of video tutorials.	14	45 mins	All Year	
eLearning An Introduction to Coaching Rugby Union	This eLearning course is designed to inspire people to engage in learning to develop knowledge, skills and behaviours of safe and effective coaching.	14	45 mins	All Year	
eLearning Coaching the Breakdown Masterclass	This eLearning course explores coaching players taking the ball into contact, securing the ball in attack, challenging for the ball in defence and game-based decision making, through a series of video tutorials.	14	45 mins	All Year	



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LEADERSHIP

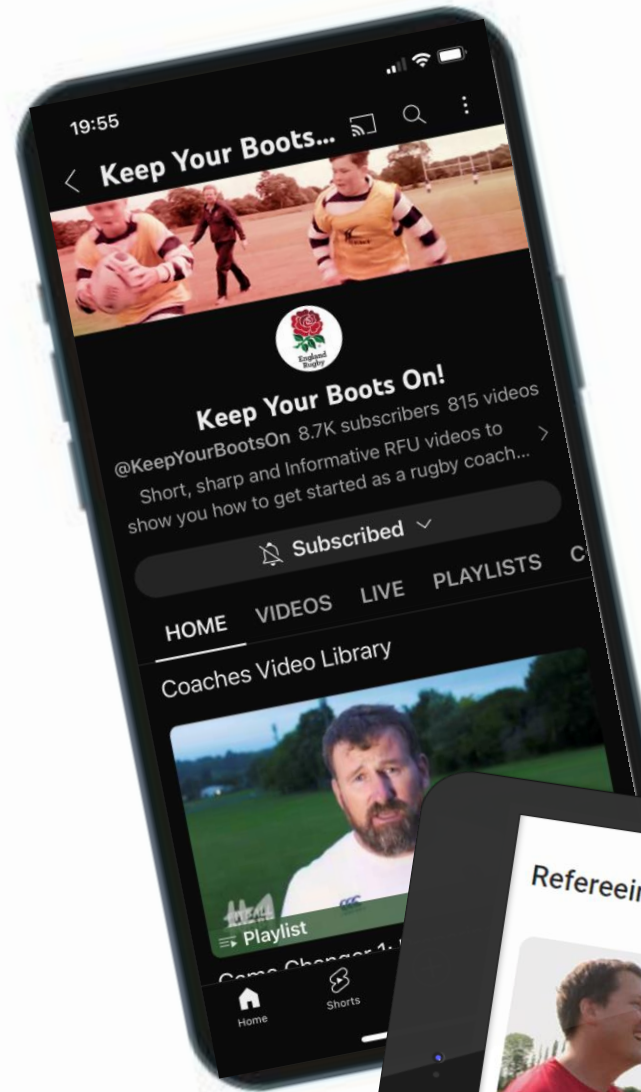
Course	Description	Min Age	Duration	When	Access the Course
England Rugby Match Official - Developing the Developer	<p>Within the refereeing world there are a wide range of titles for off field roles, individuals who support the development of match officials on field.</p> <p>Developing the Developers workshops are a series of modules to support those off-field roles by helping to develop their communication and interpersonal skills. These workshops have an introspective element, along with goal setting and technical elements, which include use of questioning, listening, that help to provide a person-centred/referee centred development process.</p>	18	Online forums that allow for an opportunity to share learning and understanding with other developers and create a national network.	Starts July and Jan	
Director of Rugby	The Director of Rugby course is designed 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 explores leadership and management themes set in an applied rugby context.	18	4 days	<p>Day 1 June/July 2024</p> <p>Day 2 Feb/March 2025</p>	<p>Click below to access the Expression of Interest Form</p> 
England Rugby Mentoring Award	This course is designed to develop the mentoring skills of anyone working to develop coaches, match officials or volunteers within their own environment.	18	1 face to face day, 4 online workshops	<p>July/August Webinars Sep/Oct/ Nov/Jan</p>	

KEEP YOUR BOOTS ON!

The Keep Your Boots On YouTube channel is our **free to access** site where you'll find all our coaching, refereeing and player welfare video resources.

You can access all England Rugby videos, organised into subject specific playlists (e.g. Principles of Attack), suitable for any device.

Click on the logo to go to straight to the channel





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TEAMWORK. RESPECT. ENJOYMENT. DISCIPLINE. SPORTSMANSHIP.