

## About the Course

### Pre-Course Work.

- a. **Rugby Ready** – The World Rugby (IRB) online exam, which can be found at the following link:  
<http://rugbyready.worldrugby.org/index.php?section=1>.
- b. **World Rugby (IRB) Laws Test** – The World Rugby (IRB) online Laws Test, which can be found at the following link: <http://www.irblaws.com>. Students will need to complete the following steps:
  - (i). Select their language of choice.
  - (ii). Select “Law Exam” from the menu.
  - (iii). Complete the simple registration process (only if you are not already registered).
  - (iv). Complete the test and print the certificate/save to tablet or android
- c. **Online Concussion Education Course** – The RFU has recently launched some new online concussion education courses aimed at players, coaches and match officials across the community game. Backed by World Rugby and leading brain injury charity Headway, the course is available at [www.EnglandRugby.com/Headcase](http://www.EnglandRugby.com/Headcase). The 30-minute course covers why it's important to manage concussion properly, and explains how everyone has a role in protecting and helping players through their recovery and return to play.

**Course Structure.** The course is designed to blend the RFU UKCC Level 1 and 2 modules with bespoke Rugby for Heroes lessons on: People Skills and Self-Awareness, Project Management and Teamwork etc, delivered by a combination of International Sportsmen and women, Rugby Players, Coaches and retired Service personnel. The IRB Rugby Ready and RFU Scrum Factory courses are further essential pre-requisite courses, which will be completed on day one of the course. These must be completed prior to commencement of the UKCC Level 1 and 2.

**On Course Work.** This course will follow a structured indoor and outdoor program that includes essential classroom lessons. During outdoor lessons rain will only stop play if to carry on would be unsafe to do so. Students are to note that due to unforeseen circumstances elements of the program could change. Students are therefore requested to remain flexible and actively contribute to help shape future courses. Students will be individually assessed throughout the week to ensure that they are attaining the necessary standard required of the RFU. Course attendance will not automatically result in students being deemed competent to coach by EOP. Students who are deemed 'Not Yet Competent' (NYC) will be given an action plan by their Coach Educator in order to complete the pathway to competent status.

**Social Activity.** We understand it can't be all work and no play and so a game of touch rugby will be arranged on the Thursday evening, followed by a quiz night to raise funds for the Charity. All other time will be free.

**Course Fees.** All fees for course attendance will be borne by the Rugby for Heroes Charity. This includes accommodation costs for non-entitled Service leavers who are not registered on JPA as detailed in Para 3 above. All meals commencing from evening meal on the 22 Nov 15 and ending with lunch on the 27 Nov 15 are included.

**Conclusion.** This course has been specifically designed to benefit Service personnel as they transition from a military career into civilian life, by providing them with an RFU coaching qualification, which can be utilised in any rugby club throughout the UK. By gaining your UKCC Level 2, you will be qualified to coach teams in your local area and in time you can further develop your own skill sets. Who knows, you could potentially end up enjoying a new career inside the rugby industry.