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**Rugby Ready Award**

Everybody involved in coaching, refereeing and playing rugby needs a sense of safe practice. The IRB Rugby Ready programme is intended to raise awareness of good practice and help stakeholders manage the inherent risks of the sport by putting appropriate safeguards in place.

The course lasts for approximately three hours and is practical-based. There is no formal assessment, and the course is delivered by an accredited coach educator.

Please note that you **must have** attended a Rugby Ready Course before applying for a Level 1 coaching course.

At the conclusion of the course you will have gained:

* An understanding of how to deliver a safe and enjoyable practical session
* Knowledge of how to coach and improve contact skills & particularly the tackle
* Knowledge of how to coach and improve scrummage engagement skills
* Knowledge of contact skills

**Assessment** There is no formal assessment, but on-course tutor appraisal.

**Pre-Requisites** None

**Places Available** 24