

Coaches Code of Conduct



LONDON HEATHSIDE ATHLETIC CLUB HAS ADOPTED THE UKA & ENGLAND ATHLETICS WELFARE PROCEDURES :

THE RESPONSIBLE ATHLETICS COACH CODE OF CONDUCT:

As a responsible coach you will be familiar with and follow the club's welfare policy and procedures. You will:

- Accepts the moral and legal responsibility to implement procedures to provide a duty of care for all people respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability
- Place the welfare and safety of the athlete above the development of performance
- Encourage and guide athletes to accept and take responsibility for their own behaviour and performance
- Be appropriately qualified and update your licence and education as and when required by UK Athletics
- Ensure that the activities you guide or advocate are appropriate for the age, maturity, experience and ability of the individual athlete
- At the outset, clarify with athletes (and where appropriate their parents or carers) exactly what is expected of them and what athletes are entitled to expect from you
- Never try to recruit, either overtly or covertly, athletes who are already receiving coaching. If approached by an athlete receiving coaching, refer immediately to the coach currently providing coaching support
- Co-operate fully with other colleagues (e.g. other coaches, officials, team managers, sport scientists, doctors, physiotherapists, governing body staff) in the best interests of the athlete
- Consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited or age-inappropriate substances
- Consistently display high standards of behaviour and appearance

In addition, as a responsible athletics coach you must:

- Develop appropriate working relationships with athletes (especially under 18s), based on mutual trust and respect. In particular, a coach will not exert undue influence to obtain personal benefit or reward;
- strictly maintain a clear boundary between friendship and intimacy with athletes and not conduct inappropriate relationships with athletes. Relationships with athletes can cause significant problems for other team members and can fracture teams, raising concerns of favouritism, or even of victimisation, should the relationship later end. However, due to the very special relationship between coaches and athletes:
- You must not allow an intimate personal relationship to develop between yourself and any athlete under the age of 18. Any violation of this could result in a coach licence being withdrawn or restrictions being imposed on it under condition 6 below;
- it is also strongly recommended that you do not allow intimate personal relationships to develop between yourself and athletes (coached or supervised by you) who are aged 18 and over.

In addition to the above Code of Conduct coaches should follow the following guidelines to ensure that they work within the best coaching practice and the child protection procedures Coaches should:

- Never do something for an athlete that they can do for themselves and always explain why and ask for consent before touching an athlete
- Avoid critical language or actions, such as sarcasm, that undermine an athlete's self-esteem
- Not spend time alone with a young athlete unless clearly in view of others
- Avoid taking a young athlete alone in your car, never invite a young athlete alone to your home and
- Never share a bedroom with a child
- Work in same-sex pairs when supervising changing areas
- Ensure that parents/carers know about and have approved in advance if taking a young athlete away from the usual training venue
- Respect the right of young athletes to an independent life outside athletics
- Challenge inappropriate behaviour or language by others
- Report any accidental injury, distress or misunderstanding or misinterpretation. A brief written report of such incidents should be submitted to the Welfare Officer as soon as possible, and parents/carers notified.
- Report any suspected misconduct by other coaches or athletics personnel to the WO or club chairman

I have read the Club's welfare policy and procedures and agree to abide by this code of conduct

Coaches name:

Signature:

Date:

YOUNG ATHLETES IMPORTANT INFORMATION FOR YOUR ENJOYMENT AND SAFETY:

YOUNG ATHLETES AS A MEMBER OF LONDON HEATHSIDE
YOU AGREE TO THE CODE OF CONDUCT.

YOU WILL:

- Participate fully, and be a good teammate.
- Show respect for your fellow athletes, competitors coaches and officials at all times.
- Follow the rules of the track and the guidance of the coaches/ officials at all times during training and competition.
- Learn the rules and compete by them. Accept the official's decision without getting angry.
- Tell the coach if you aren't feeling well, if you have any aches and pains (injuries) or if you are finding the training too difficult. THIS IS VERY IMPORTANT. This won't necessarily mean you can't train but the coach will be able to modify your training accordingly.
- Always let the coach know when you are leaving the track or venue. You will only be allowed to leave on your own if previously agreed with your parent/carer and the club.
- Let your coach know if you are going to be absent or late for training.
- Do not smoke or consume alcohol or illegal drugs during training or competition.
- **ENJOY YOUR ATHLETICS!**

ATHLETICS TRACK RULES

An athletics track is not a playground and can be a dangerous place – especially during the summer months when the track can get quite busy. Please read the following track rules carefully and follow them at all times:

1. **Follow the guidance of the coaches and officials at all times.**
2. Always warm up and warm down using the OUTSIDE lanes.
3. Use the inside lane ONLY for timed speed sessions, under guidance from a coach.
4. NEVER walk or run across the in-field – the in-field is for throwers only.
5. Be CONSIDERATE and look out for other athletes.
Remember the straight can be used in both directions.
6. NEVER jump the hurdles in the wrong direction.
7. Only take part in jumping and throwing practice under supervision of a coach.
8. Always jump or throw one at a time and WAIT YOUR TURN.

NEVER:

- Throw towards anyone
- Stand in front of someone about to throw
- Collect implements until ALL have thrown
- RUN carrying a javelin

ALWAYS:

- Look before throwing
- Collect implements together
- Carry javelins VERTICALLY (upright)