

COLWYN BAY ATHLETICS CLUB

CODE OF PRACTICE FOR COACHES

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of the athletes they coach. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Good coaches ensure participants have positive experiences and are therefore more likely to continue and achieve their potential. This Code of Practice defines all that is best in good coaching, coaches have a duty to be:

- 1) Safe
- 2) Qualified
- 3) Insured
- 4) Competent

Good coaching practice needs to reflect the following key principles

* Rights

Coaches must respect and champion the rights of every individual to participate in our sport

* Relationships

Coaches must develop a relationship with our athletes (and others) based on openness, honesty, mutual trust and respect.

* Responsibilities-personal standards

Coaches must demonstrate proper personal behaviour and conduct at all times

* Responsibilities-professional standards

To maximise the benefits and minimise the risks to our athletes, coaches must attain a high level of competence through qualifications and a commitment to ongoing training that ensures safe and correct practice

Responsibilities-personal standards

Coaches:

- * Must be fair, honest and considerate to athletes and others in our sport
- * Should project an image of health, cleanliness and functional efficiency
- * Must be positive role models for performers at all times

Actions:

- * Operate within the rules and the spirit of our sport
- * Educate athletes on issues relating to the use of performance-enhancing drugs and cooperate fully with UKA and governing bodies of sport policies
- * Maintain the same level of interest and support when an athlete is sick or injured
- * Display high standards in use of language, manner, punctuality, preparation and presentation

- * Encourage athletes to display the same qualities
- * Display control, respect, dignity and professionalism to all involved in our athletics
- * At no time become intimately and or sexually involved with the athletes they coach

Responsibilities-professional standards

Coaches will:

- * Ensure the environment is as safe as possible, taking into account and minimising possible risks
- * Promote the execution of safe and correct practice
- * Be professional and accept responsibility for their actions
- * Make a commitment to providing a quality service to their athletes
- * Actively promote the positive benefits to society of participation in our sport, including the positive contribution athletics can make to achieving improved outcomes for children and young people
- * Contribute to the development of coaching as a profession by exchanging knowledge and ideas with others and by working in partnership with other professionals
- * Gain governing bodies of sport coaching qualifications appropriate to the level at which they coach

Actions:

- * Follow the guidelines of our governing body UKA
- * Do not misrepresent your level of qualification
- * Seek to achieve the highest level of qualification available
- * Do not assume responsibility for any role for which you are not qualified or prepared
- * Promote good coaching practice in others and challenge any poor practice that you become aware of
- * Plan all sessions so they meet the needs of the athletes, ensuring that the activity being undertaken is suitable for the age, experience, ability and fitness level of the athletes and they are progressive and appropriate
- * Consider the athletes' future health and well being as foremost when making decisions regarding an injured athletes' ability to continue training or performing in competition whilst representing our club
- * Assert a positive and active leadership role to prevent any use of prohibited drugs or other disallowed performance enhancing substances or practices
- * Never solicit, either overtly or covertly athletes who are already receiving coaching, to join their squad
- * Acknowledge and respect the Rules of Competition. This respect should extend to the spirit as well as to the letter of the rules.
- * Exhibit an active respect for officials by accepting the ability of the officials to ensure that competitions are conducted fairly and according to the

established rules

- * Direct comments or criticism at the performance rather than the athlete
- * Maintain appropriate records of your athletes
- * Recognise and accept when it is appropriate to refer an athlete to another coach or specialist
- * Treat fellow coaches,athletes you do not coach with due respect
- * In the case of minors,communicate and cooperate with the athletes' parents or legal guardians,involving them in decisions pertaining to their child's development
- * Demonstrate commitment to Continuing Professional Development by undertaking/attending learning opportunities to maintain up-to-date knowledge of technical developments within our sport
- * Undertake/attend Continual Professional Development opportunities to maintain up-to-date knowledge and understanding of other issues that might impact on both you and your athletes
- * Be aware of the social issues and how athletics can contribute to local,regional or national initiatives
- * Actively participate in recruitment and education opportunities in athletics
- * Practise in an open and transparent fashion that encourages other coaches to contribute to or learn from your knowledge and experience
- * Engage in self-analysis and reflection to identify your professional needs

Misconduct

Any criminal misconduct on the part of a coach will not be treated as an automatic reason for dismissal,but a coach's licence could be withdrawn or restrictions imposed on it if his misconduct is such that it makes him /her unsuitable to continue to be licensed by UKA.

Any action involving the misconduct of a coach would be a matter for the elected committee to consider.If the misconduct was such as to lower the reputation of our club or with its member clubs affiliated to UKA ,or with the general public, the coach could be asked to step down from his position within the club

The code of conduct issued by UKA alongside the points raised above are the basis of our club's written code of conduct towards its coaches with the Additional Requirements as recommended by WAA set out as follows:

- 1) Written parental consent forms will be required for any athlete under the age of 18 for them to be able to train away from the club with their respective coaches
- 2) The coaches must also request in writing to the full committee,at the same time, their own permission to train away from the club with the above athletes, submitting a written Risk Assessment of the area and its facilities

