

## CHICHESTER RUNNERS & AC CODE OF CONDUCT FOR COACHES

### All club coaches must:

- Be appropriately qualified including DBS clearance and updating your licence and knowledge as and when required by UKA
- Familiarise yourself with the Safeguarding policies and documents on the club website
- Place the welfare and safety of the athlete above development of performance
- Respect the rights, dignity and worth of every athlete, treating everyone in accordance with their needs, whatever their ability
- Respect the rights, dignity and worth of everyone involved in athletics, including fully supporting other Leaders/Coaches when participating as an athlete in a peer's group
- Ensure that activities you lead are appropriate for the age, maturity, experience and ability of the individual athlete
- Clarify with athletes (and where appropriate, parents or carers) exactly what is expected of them and what they can expect from you
- Never try to recruit (either overtly or covertly) an athlete who is already receiving coaching. If you are approached by such an athlete, you must refer immediately to their current coach
- Co-operate fully with others involved in the sport such as team managers, other coaches, etc. in the best interests of the athlete
- Consistently promote positive aspects of the sport and never condone rule violations
- Encourage and guide athletes to accept responsibility for their own performance, progress and behaviour
- Report any accident/incident/injury on-line to EA as soon as practicable. If it involves a junior athlete, inform the parent as soon as possible
- Avoid abusive language and irresponsible behaviour – be aware that your attitude and behaviour directly affects the behaviour of athletes under your supervision
- Challenge inappropriate behaviour and language in others
- Avoid exerting undue influence for personal advancement, benefit or reward
- Notify the club (see required details below) each time you propose to lead an ad hoc session with JUNIOR(S) in a private capacity, outside the auspices of the club
- Maintain appropriate, professional working relationships with athletes, based on mutual trust and respect, especially with under 18's or vulnerable adults
- Act with integrity and professionalism always, as an ambassador for Chichester Runners & AC

### In addition, coaches are expected to follow these best practice guidelines, with junior athletes or vulnerable adults:

- Avoid critical language or actions which could undermine an athlete's self-esteem
  - Avoid spending time alone with young athletes unless clearly in view of others to protect both yourself and the athlete. In some circumstances eg. coaching elite youngsters, one-to-one
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sessions may form part of the required training schedule. In this case the club must be informed (see below\*) of the details (time, date, location, athlete(s) attending) and parental consent must be obtained prior to the session commencing, with emergency numbers provided

- Avoid taking young athletes alone in your vehicle
- Be aware of 'over-training' or specialising at too young an age
- Respect the right of a young athlete to lead a life outside athletics
- Report any upset, misunderstanding or misinterpretation by the athlete, to the parents and/or the Club Welfare Officer as appropriate and as soon as practicable
- Report any suspected abuse or misconduct by another coach or helper
- Bring any concerns (whether personal, physical or mental) regarding young athletes, to the attention of their parents as soon as possible

All coaches please note – the Club is extremely grateful for all the time, effort and expertise that you give so willingly for the enjoyment and advancement of our athletes. We fully recognise your right to coach in a private capacity, but ask that you read carefully the below paragraphs (as appropriate) particularly with respect to junior athletes and safeguarding requirements.

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#### Coaching adults in a private capacity

Coaches leading ad hoc training sessions in a private capacity for adult athletes must ensure that participants understand the 'non-club' status of the sessions and that the sessions will NOT conflict with any official club sessions.

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#### \*Coaching junior athletes in a private capacity – to be completed before every session

I am informing the club that I will be leading the following session for junior athletes, in a private capacity as follows –

Date:

Location:

Nature of session:

Names of participants:

Emergency numbers obtained? Yes / No

Risk Assessment completed and submitted? Yes / No

I confirm that all participants and parents understand the 'non-club' status of this session and that it will not conflict with any official club session.

Name:

Signed:

Date:

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