



CODE OF CONDUCT COACHES

- Always work in an open environment for example avoiding secretive or unobserved situations and encourage open communication;
- Always ensure that you do not spend excessive amounts of time alone with a child[ren] away from others;
- Always challenge injustice;
- Always treat Children and Young People equally, affording respect and dignity;
- Always put the welfare of each Child or Young Person first.
- Always recognise the developmental capacity of the child and do not push them against their will or train them excessively;
- Always maintain a safe and appropriate distance with athletes for example, it is not appropriate for adults to have an intimate relationship with a Child or Young Person or to share a room with them in cases of emergency where you must enter their room, always have another adult present leaving the room door open;
- Always seek to build balanced relationships based on mutual trust which empowers Children and Young People to share in the decision making process;
- Always make sport fun, enjoyable and promote fair play;
- Always ensure that if any form of manual physical support is required, it is provided openly and according to guidelines provided by the Coach Education Programme. Care is needed, as it is difficult to maintain hand positions when a Child or Young Person is constantly moving in training. Where physical contact is practiced in sport on a frequent basis [for instance gymnasium exercises] the parents should always be consulted and their agreement gained;
- Always keep up to date with technical skills, qualifications and insurance in sport;
- When supervising children and young people in changing rooms, always work in pairs and in these circumstances never supervise children and young people of the opposite gender;
- Always ensure that you have details of a child's medical needs if any, whilst the child or young person is under your supervision [see Parental Consent Form – A linked Document];
- Always remember that you are a 'role model' and never condone the use of any performance enhancing drugs;
- Always ensure that appropriate seat restraints are used when traveling with children and young people;
- Never invite a child or young person to your home without a parent , guardian or appropriate adult present;

- Always ensure that if mixed teams are taken away, they should always be accompanied by a male and female member of staff. However, remember that same gender abuse can also occur;
- Always be an excellent role model, this includes not smoking or drinking alcohol or use foul or inappropriate language in the company of Children and Young People;
- Always give enthusiastic and constructive feedback rather than negative criticism;
- Always secure parental consent in writing to act *in loco parentis*, if the need arises to administer emergency first aid and or other medical treatment;
- Always keep a written record of any injury that occurs, along with the details of any treatment given;

Coach / Athlete Ratios

The following are the recommended ratios

For groups including children under 11 years of age :	1 : 16
For groups comprising of children over 10 years of age :	1 : 16

Practices never to be sanctioned

The following should never be sanctioned. You should never:

- Engage in rough, physical or sexually provocative games, including horseplay with a Child or Young Person;
- Share a room with a Child or Young Person;
- Allow or engage in any form of inappropriate touching;
- Allow children to use inappropriate language unchallenged;
- Make sexually suggestive comments to a Child or Young Person, even in fun;
- Upset or reduce a Child or Young Person to tears as a form of control;
- Fail to act upon and record any allegations made by a Child or Young Person;
- Do things of a personal nature for Children, Young Persons whether disabled or not or whether an adult or not, that they can do for themselves;