



## Lincoln Wellington Athletic Club Coaches Code of Conduct

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants (especially under 18's), based on mutual trust and respect.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Never condone rule violations, rough play or the use of prohibited substances.
- Promote the positive aspects of the sport (e.g. fair play).
- 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 athletes who are receiving coaching. If approached by an athlete receiving coaching, refer immediately to the coach providing coaching support.
- Hold appropriate valid qualifications and insurance cover.
- Display consistently high standards of behaviour and appearance.
- Co-operate fully with other colleagues (e.g. other coaches, officials, team managers, sports scientists, doctors and physiotherapists) in the best interests of the athlete.

In addition to the code of practice, coaches should follow the guidelines below to ensure they work within the best coaching practice.

- 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.
- Always explain why and ask for consent before touching an athlete.
- 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.