

# **North Somerset Athletic Club**

## **Code of Conduct for Athletes, Parents and Coaches**

### **Code of Conduct for Athletes**

#### **As a responsible athlete you will:**

- Respect the rights, dignity and worth of others including all athletes, coaches, technical officials and volunteers.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of yourself and other athletes.
- Demonstrate inclusive and equitable attitudes and behaviours.
- Consistently promote positive aspects of the sport such as fair play, and never condone rule violations.
- Anticipate and be responsible for your own needs. Be appropriately equipped and informed. Be punctual and prepared.
- Communicate with your coaching team. Keep them informed of any coaching or training you may be receiving outside the team.
- Always thank the coaches and officials.

#### **When participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Demonstrate behaviours above.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Challenge inappropriate behaviour and language by others..This can be done in a number of ways and does not have to involve an unpleasant confrontation. Your Coaching Team can advise.
-

- Avoid destructive behaviour. Leave athletics venues as you find them. Be aware of the environment and do not litter.
- Do not carry or consume alcohol or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others, excluding permitted equipment used in the course of your athletics activity.

**To ensure Safety for all – especially junior or vulnerable athletes:**

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information.
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official.
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer.
- Ensure that travel arrangements are known to parents or carers.
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club Welfare officer as soon as possible.
- Complete Training as appropriate to role.

**Code of Conduct for parents/people with parental responsibility**

**As a responsible parent/person with parental responsibility you will:**

- Adhere to and comply with the guidelines above.
- Never place undue pressure on children to perform, participate or compete.
- Take an active interest in your child's participation.
- Support training or competitions when possible.
- Stay informed of your child's whereabouts and personnel involved in their athletic activities.

- Communicate with Coaches and Team Leaders in timely fashion. A good dialogue is helpful for all. This may include information about qualifications of the club team, attendance, or competition.
- Ensure that your child does not take any unnecessary valuable items to training or competition.
- Inform your child's coach or team manager of any illness or disability that needs to be taken into consideration for athletic performance.
- Provide information regarding medication as necessary.
- Assume responsibility for safe transportation to and from training and competition.
- Provide timely return of all necessary forms and documents.
- Report any concerns you have about your child's, or any other child's welfare to the Club Welfare Officer, Regional, National or UKA Welfare Officers. (This does not affect your right to contact your local social services or the police if you feel it is necessary).

**As a responsible parent/person with parental responsibility for a young athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards others.
- Avoid swearing, abusive language and irresponsible behaviour including that which is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse. Act in an inclusive and equitable manner.
- Challenge inappropriate behaviour and language by others.
- Be aware that your attitude and behaviour directly affects the behaviour of your child and other young athletes. Act as a role model.
- Avoid destructive behaviour and leave athletics venues as you find them. Encourage environmental practices. Do not litter.
- Never engage in any inappropriate or illegal behaviour.
- Do not carry illegal substances or items that can be dangerous to yourself or others. This excludes equipment used in the course of your child's athletics activity

## **Code of Conduct for Coaches**

Coaches play a crucial role in the development of athletics and in the lives of the athletes they coach. They have a unique position of trust in athletics and the need for coaches to understand and act on their responsibilities is vital, as is the need to promote participation for fun and enjoyment. The code of conduct for coaches reflects the principles of good coaching practice.

### **Responsibilities – Professional Standards**

To maximise the benefits and minimise the risks to athletes, coaches must attain an appropriate level of competence through qualifications, and a commitment to ongoing training to ensure safe and correct practice.

### **Responsibilities – Personal Standards**

Coaches must demonstrate proper personal behaviour and conduct at all times.

### **Rights**

Coaches must respect and champion the rights of every individual to participate in sport and physical activity.

### **Relationships**

Coaches must develop a positive relationship with their participants (and others) based on openness, honesty, mutual trust and respect.

## **1. RESPONSIBILITIES – PROFESSIONAL STANDARDS**

As a responsible athletics coach, we will:

- 1.1 abide by the terms of my UKA coaching licence
- 1.2 abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- 1.3 abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- 1.4 keep our professional knowledge and skills up to date, be appropriately qualified for the activities we lead, and renew our coach licence as and when required by UKA
- 1.5 ensure we have obtained an acceptable criminal record check (DBS/Disclosure Scotland/Access NI) (a licence will not be issued to anyone who does not have an acceptable criminal records certificate or who refuses to share the certificate with UKA/the HCAF when required)
- 1.6 ensure that activities we direct, or guide, are appropriate for the age, maturity, experience and ability of the individual athlete
- 1.7 be aware of the current national and international regulations on anti-doping in sport. We will not assist, support or ignore practices, policies or procedures that contravene national or international anti-doping regulations
- 1.8 never try to recruit, either overtly or covertly, athletes who are already receiving coaching. (If approached by an athlete receiving coaching, refer them immediately to the coach currently providing coaching support)
- 1.9 in circumstances where we need to demonstrate a technique through physical contact, always provide an explanation and seek consent before touching the athlete (never touch an athlete aged under 18 to demonstrate a technique without another adult being present)

1.10 observe the recommended national guidance on coach/athlete ratios

## **CODE OF CONDUCT: COACHES 1 CODE OF CONDUCT: COACHES**

1.11 cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete.

## **2. RESPONSIBILITIES – PERSONAL STANDARDS**

As a responsible athletics coach, we will:

2.1 consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or adopt or encourage the use of prohibited or age-inappropriate substances or techniques

2.2 never engage in the massage of an athlete under the age of 18 years. We understand that we require an up-to-date and recognised qualification in sports massage or another relevant qualification from a recognised body or authority to engage in the massage of an athlete over 18 years

2.3 follow the relevant guidance for coaches on social media use and not post on social media any content which is inappropriate or offensive

2.4 be aware that our attitude and behaviour directly affects the behaviour of athletes under my supervision

2.5 avoid swearing, abusive language and irresponsible or illegal behaviour, including behaviour that is dangerous to the coach or others, acts of violence, bullying, harassment, and physical and sexual abuse

2.6 avoid destructive behaviour and leave athletics venues as I find them

2.7 not carry or consume alcohol or illegal substances while coaching or attending events directly linked to coaching

2.8 avoid carrying any items that could be dangerous to the coach or others, excluding athletics equipment used in the course of my athletics activity

2.9 challenge inappropriate behaviour and language by others and report any suspected misconduct by other coaches or other people involved in athletics to the club, HCAF/UKA Safeguarding Team as soon as possible

2.10 act ethically, professionally and with integrity, and take responsibility for our actions.

## **3. RIGHTS**

As a responsible athletics coach, we will:

3.1 provide coaching services without discrimination on grounds of age, gender, sexual, cultural, ethnic, disability or religious preference

3.2 respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability

3.3 make the athlete's health and welfare our primary and overriding concern

3.4 respect the athlete's right to self-determination when deciding who they are coached by

3.5 respect the right of all athletes to an independent life outside of athletics

3.6 report any accidental injury, distress, misunderstanding or misinterpretation to the parents/ carers and Club Welfare Officer as soon as possible

3.7 never exert undue influence to obtain personal benefit or reward

3.8 in no way undermine, put down or belittle other coaches or practitioners, or allow those behaviours to exist within the athletes and groups that we lead / manage – including those behaviours towards other athletes or groups of athletes.

#### **CODE OF CONDUCT: COACHES 2 4. RELATIONSHIPS**

As a responsible athletics coach, we will: 4.1 at the outset, clarify with athletes (and where appropriate, with parents or carers) exactly what it is that is expected of them and what athletes are entitled to expect from us

4.2 develop healthy and appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or who are adults at risk

4.3 never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with an athlete under 18 years of age. A violation of this code may result in a coach licence being permanently withdrawn

4.4 never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with an athlete who is an adult at risk coached by us or under our supervision. A violation of this code may result in a coach licence being permanently withdrawn

4.5 not use our position as a licensed coach to incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with athletes we coach who are aged over 18 years. In certain circumstances a violation of this code may result in a coach licence being permanently withdrawn

4.6 avoid spending time alone with young athletes (under 18) unless clearly in the view of other adults

4.7 ensure that parents/carers know and have given consent before taking a young athlete (under 18) away from the usual training venue

4.8 never take young athletes (under 18) alone in our vehicles

4.9 never invite a young athlete (under 18) alone into our homes

4.10 never share a bedroom with a young athlete (under 18)

**Codes of Conduct Reviewed November 2022 - CM**