



## Code of Conduct for Coaches and Athletes

The purpose of the Code of Conduct is to uphold standards of ethical behaviour for both coaches and athletes. The components of ethical behaviour are: integrity, responsibility, competence and confidentiality.

It complements, but does not supersede, the Codes of Practice and stated welfare policies of [UK Athletics](#), and has been written to reflect the particular character of Derwent Athletic Club Cockermouth.

### As a responsible Athletics Coach you will:

- Respect the rights, dignity and worth of every athlete and other involved in athletics and treat everyone equally
- Place the welfare and safety of the athlete above the development of performance
- Be appropriately qualified including obtaining CRB clearance, update your licence and education as and when required by UKA and adhere to the terms of the coaching licence
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
- Whilst in a coaching role, strictly observe a clear boundary between friendship and intimacy with athletes
- Never try to recruit, either covertly or overtly, athletes who are already receiving coaching
- Challenge inappropriate behavior or language by others
- Turn up in good time for each session and / or assure that there is adequate cover for each session provided, or adequate notice of cancellation
- In advance, clarify the content and purpose of a particular session
- Act as a good role model by consistently displaying good standards of behavior, appearance and safe training practice in their own training

- Encourage and guide athletes to accept responsibility for their own performance and behaviour
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Never put themselves in a position where exploitation or abuse of vulnerable athletes could occur or could have thought to have occurred
- Try to observe a recommended maximum ratio of 1 coach to 12 athletes at a training session, or work in partnership with another coach / coaching assistant
- Invite and listen to feedback from the athletes they are coaching
- Cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, doctors, physiotherapists, sports scientists and representatives of the governing body in the best interests of the athlete
- Report any suspected misconduct by other coaches to the appropriate authorities (the Club's Welfare Officer, UK Athletics, police, as appropriate)

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

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally
- Accept responsibility for their own behavior and performance in training and in competition
- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behavior including behavior that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Anticipate and be responsible for your own needs including being organized, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Let the coach know of any factors liable to have an impact on their ability to train or compete or their long term health (e.g. wellness or health issues, medication, injury, illness, impending or recent competition, work or home pressures)

- Whilst in an athlete role, strictly observe a clear boundary between friendship and intimacy with the coach(es)
- If junior, notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Avoid destructive behavior and leave athletics venues as you find them
- Challenge inappropriate language and behavior by others
- Give feedback to the coach(es) on how the session felt for them and whether there are any consequential problems
- Take personal responsibility for warming up before the session and cooling down including stretching after the session
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age inappropriate substances
- Show appreciation to those throughout the club who help them participate in athletics, including the coaches
- Pay all membership, training and competition fees promptly
- Cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, doctors, physiotherapists, sports scientists and representatives of the governing body in the best interests of the yourself and other athletes
- Report and suspected misconduct by other coaches to the Club's Welfare Officer in the first instance

### **Additionally, Parents or Carers will:**

- Never place undue pressure on children to perform, participate or compete
- Check out the qualifications and licences of people who are coaching or managing your child or offering a service connected to athletics such as physiotherapy, massage or nutritional advice
- Take an active interest in your child's participation
- Never make assumptions about your child's safety

- Ensure that your child does not take any unnecessary valuable items to training or competition
- Inform your child's coach of any illness or disability that needs to be taken into consideration for athletic performance
- Provide any necessary medication that your child needs
- Assume responsibility for safe transportation of your child to and from training and competition
- Report any concerns you have about your child's or any other child's welfare to the Club's Welfare Officers (this does not affect your right to contact your local social services or the police if you feel it is necessary)

## **Breaches of Conduct**

Coaches or Athletes wishing to allege breaches of the Codes of Conduct should in the first instance contact the Club's Welfare Officers.