

DURHAM CITY HARRIERS & ATHLETICS CLUB.

Code of conduct for coaches

As a responsible coach you will :

- respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
- place welfare and safety of the athlete above development and performance.
- be appropriately qualified including DBS and safeguarding, update your licence and education as and when required by UKA and adhere to terms of the coaching licence
- at the outset clarify with the athletes and where appropriate with parents exactly what is that is expected of them and what the athletes are expected from you.
- ensure the activities you direct or guide are appropriate for age, maturity, experience and ability of the individual athlete.
- never try to recruit , either overtly or covertly, athletes who are already receiving coaching if approached by an athlete receiving coaching refer immediately to the coach currently providing coaching support.
- cooperate fully with others involved in the sport such as technical officials ,team managers ,other coaches.doctors, physiotherapist,

Representatives of the governing body.

- Try to observe max ratio of 1 coach to 12 athletes were possible at training session or work in partnership with an assistant where possible.
- 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
- encourage and guide athletes to accept responsibility for their own performance and behaviour.
- develop appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or vulnerable adults
- do not exert undue influence to obtain personal benefit or reward.
- a coach **must** strictly maintain a clear boundary between friendship and intimacy with athletes and do not conduct inappropriate relationships with athletes . Relationships with athletes can cause significant problems for other team members,raising concerns of favouritism and/ or victimisation should the relationship should end
- in particular,you **must not** allow an intimate personal relationship to develop between yourself and any athlete aged under 18 years . Any violation of this could result in the coach license being withdrawn,it may also be a criminal offence to conduct a relationship with an athlete under the age of

16 years. It may also be a violation of your coaching licence to form an intimate personal relationship with a vulnerable adult coached by you

- it is **strongly recommended** that you do not allow intimate relationships to develop between yourself and athletes coached by you aged over 18 years.

As a responsible coach, when participating in or attending any athletics activities, including training/coaching sessions and competitive events you will:

- act with dignity and display courtesy and good manners towards others.
- avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment. And physical abuse
- challenge inappropriate behaviour and language by others
- be aware that your attitude and behaviour directly affects the behaviour of your athletes under your supervision.
- never engage in any inappropriate or illegal behaviour.
- avoid destructive behaviour and leave athletics venues as you found them.
- not carry or consume alcohol to access and/or illegal substances.
- avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in course of the athletics activity.

In addition, coaches should follow these guidelines on best coaching practice, in particular with young athletes or with vulnerable adults.

- avoid critical language or actions, such as sarcasm which could undermine an athlete's self esteem.
- avoid spending time alone with young athletes unless clearly in the view of others to protect both yourself and the young athlete. In special circumstances, for example when coaching elite athletes, one to one coaching session may form part of the required training schedule in this circumstance, parental/guardian consent must be sought and obtained prior to session taking place. The coach must inform the parent of the Venue for training and an emergency contact number should be provided by both the coach and parent.
- avoid taking young athletes alone in your car
- never invite a young athlete into your home.
- never share a bedroom with a child
- always explain why and ask for consent before touching an athlete.
- ensure that parents know and have given consent before taking a young athlete from the usual training venue.
- work in same sex pairs of supervising changing areas.

- respect the right of young athletes to an independent life outside athletics.
- report any accidental injury, distress misunderstanding or misinterpretation to the parents and club welfare officer as soon as possible.
- report any suspected misconduct by other coaches or other people involved in athletics to the club, regional, national or UKA welfare officer as soon as possible

Revised 19/02/2022. Date 19 February 2022

Signed...DCH committee.