

The National Coaching Foundation publish a Code of Ethics and Conduct for Sports Coaches. A concise version comes on a single sheet of A4 paper and is reproduced here. This document is copyright-free, and may be photocopied and distributed to clubs or individuals. The full version (which is copyrighted) is available, price £2.50, from Coachwise Ltd, 114 Cardigan Road, Headingley, Leeds LS6 3BJ. Telephone 0113-231-1310.

The Responsible Sports Coach

Sports Coaching helps the development of individuals through improving their performance

This is achieved by

- **identifying and meeting the needs of individuals**
- **improving performance through a progressive programme of safe, guided practice, measured performance and/or competition**
- **creating an environment in which individuals are motivated to maintain participation and improve performance**

Coaches should comply with the principles of good ethical practice listed below.

- 1 Coaches must respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport.
- 2 Coaches must place the well-being and safety of the performer above the development of performance. They should follow all guidelines laid down by the sport's governing body and hold appropriate insurance cover.
- 3 Coaches must develop an appropriate working relationship with performers (especially children), based on mutual trust and respect. Coaches must not exert undue influence to obtain personal benefit or reward.
- 4 Coaches must encourage and guide performers to accept responsibility for their own behaviour and performance.
- 5 Coaches should hold up-to-date and nationally-recognised governing body coaching qualifications.
- 6 Coaches must ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the individual.
- 7 Coaches should, at the outset, clarify with performers (and where appropriate with their parents) exactly what is expected of them and what performers are entitled to expect from their coach. A contract may sometimes be appropriate.
- 8 Coaches should co-operate fully with other specialists (eg other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the performer.
- 9 Coaches should always promote the positive aspects of their sport (eg fair play) and never condone rule violations or the use of prohibited substances.
- 10 Coaches must consistently display high standards of behaviour and appearance.