



## Athletics Coach Code of Conduct

As a Coach, you must:

- Respect the rights, dignity and worth of all participants and treat everyone equally within the context of their sport, regardless of age, ability, disability, gender, race, ethnicity, religious belief, sexuality or social/economic status;
- Place the welfare and safety of the athlete above the development of performance;
- Be appropriately qualified and adhere to disclosure policy;
- Ensure the activities you advocate are appropriate to the age, maturity, experience and ability of the athlete;
- Clarify with athletes from the start what is expected of them and what they can expect from you;
- Never try to recruit athletes, either overtly or covertly, who are already receiving coaching. If approached by an athlete refer immediately to the coach currently providing the coaching;
- Co-operate fully with other colleagues;
- Consistently promote positive aspect of the sport (e.g. fair-play) and never condone rule violations or the use of prohibited substances;
- Consistently display high standards of appearance (no football strips) and behaviour.

In addition, as a responsible athletics coach you must:

- Develop appropriate working relationships with athletes (especially under 18's) based on mutual trust and respect. A coach will not exert undue influence to obtain personal benefit or reward;
- Strictly maintain a clear boundary between friendship and intimacy.

### **Guidelines for best coaching practice**

- Never do something for an athlete that they can do themselves. If an Athlete is very young or disabled then seek permission from the parent or carer;
- Avoid critical language or action, such as sarcasm, that undermines an athlete's self-esteem;
- Do not spend time alone with a young athlete unless in full view of others;
- Avoid taking a young athlete alone in your car. If this situation is unavoidable it should take place with the consent and full knowledge of someone in charge of the club or the child's parent. If in doubt always let someone else know what you are doing.
- Never invite a young athlete alone to your home;
- Always explain why and ask for consent before touching an athlete;
- Respect the right of an athlete to have an independent life outside athletics;
- Challenge inappropriate behaviour or language by others;
- Report any accidents, distress, misunderstandings or misconduct to the welfare officer as soon as possible.

Based on U.K Athletics Welfare Policy 2005

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I \_\_\_\_\_ have read Motherwell Athletics Club  
Code of Conduct and agree to comply with them.

Signed \_\_\_\_\_

Date \_\_\_\_\_

\*\* Please return this form to the following Welfare Officer:

Stephen Irwin

[stephenirwin@motherwellac.com](mailto:stephenirwin@motherwellac.com)