



## CODE OF CONDUCT FOR COACHES

### As a responsible athletics Coach I will:

- Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
- Place the welfare, safety and enjoyment 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
- Avoid bullying and use of language which undermines an athlete's self-esteem.
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
- 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.
- 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 you
- 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 (e.g. Officials, Team Managers and Schools) in the best interests of the athlete
- 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
- Display and promote high standards of behaviour.
- Maintain a clear boundary between friendship and intimacy with athletes and do not conduct inappropriate relationships with athletes.

I have read and understood the above code of Conduct for Coaches and, as a coach at Lytham St Annes Road Runners I agree to abide by these guidelines.

Name.....

Signature..... Date.....