

# **HASTINGS RUNNERS**

## **CODE OF CONDUCT – COACH**

Coaches have an increased responsibility when involved in coaching young people. The health, safety, welfare and moral education of young people are a first priority, before the achievement of the reputation of the club, coach or parent. Coaches must:

1. Respect the rights, dignity and worth of each and every person.
2. Place the well-being and safety of each runner above all other considerations, including the development of performance.
3. Adhere to all guidelines laid down by the Rules of the Sport.
4. Make sure you are appropriately qualified for activities you coach, and update your licence and education as and when required by UKA.
5. Develop an appropriate working relationship with each runner based on mutual trust and respect.
6. Respect the right of young athletes to an independent life outside of athletics.
7. Not exert undue influence to obtain personal benefit or reward.
8. Encourage and guide runners to accept responsibility for their own behaviour and performance.
9. Ensure that the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the runners.
10. Clarify at the outset with the runners (and where appropriate, the parents) exactly what is expected of them and also what they are entitled to expect from their coach.
11. Co-operate fully with other specialists (ie other coaches, officials, doctors, physiotherapists) in the best interests of the runner.
12. Always promote the positive aspects of the sport and never condone violations of, or behaviour contrary to, the spirit of the Rules of the Sport or the use of prohibited substances or techniques.

13. Consistently display high standards of behaviour and appearance.
14. Not use or tolerate inappropriate language or behaviour.
15. Strictly maintain a clear boundary between friendship and intimacy with athletes.
16. Avoid taking a young athlete alone in your car.
17. Never invite a young athlete along to your home.
18. Never engage in physical or sexually provocative games, including horseplay, or share a bedroom with a child.
19. Always explain why it may be necessary, and ask for consent, before touching an athlete.
20. Work in same-sex pairs when supervising a changing room.
21. Ensure that parents/guardians know about, and have approved in advance, taking a young athletes away from the usual training venue.
22. Report any accidental injury, distress or misunderstanding or misinterpretation (including if a child appears to have been sexually aroused by your actions). A brief written report of such incidents should be submitted to the Club's Child Protection Officer as soon as possible and parents/guardians notified (see Incident Report Form).
23. Report any suspected misconduct or poor practice by other coaches or volunteers to the Club's Child Protection Officer (if it relates to a child) or to other committee members (if it relates to an adult/vulnerable adult).
24. When taking groups of athletes out on runs on public roads, ensure that another coach has been informed and that athletes wear suitable hi-viz vests or similar appropriate clothing for the weather conditions.

