

# Preston Park Youth Cycle Club - Code Of Ethics And Conduct

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.

All Sports Coaches should comply with good ethical practice. As a Sports Coach I agree to:

1. Respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport.
2. Place the well-being and safety of the performer above the development of performance.
3. Follow all guidelines laid down by the sports governing body and hold appropriate insurance cover.
4. Develop an appropriate working relationship with performers (especially children), based on mutual trust and respect. I will not exert undue pressure on the performers and will be reasonable in my demands on them.
5. Encourage and guide performers to accept responsibility for their own behaviour and performance.
6. Hold up-to-date and nationally recognised governing body coaching qualifications.
7. Ensure the activities I direct or advocate are appropriate for the age, maturity, experience and ability of the individual.
8. 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 me. A contract may sometimes be appropriate.
9. Co-operate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, and physiotherapists) in the best interests of the performer.
10. Always promote the positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited substances.
11. Teach the participants that honest effort is more important than victory.
12. Consistently display high standards of behaviour and appearance. I will set a good example which others can follow
13. Arrive in plenty of time to set up the activity and ensure safety checks are done prior to activity.

14. Keep myself informed about sound coaching practices and the principles of children's growth and development.
15. Never ridicule or shout at a child for making a mistake or losing.
16. Ensure that I, and my performers, always have respect for opponents, officials, opposing coaches and supporters and for each other.

I have read, understood and agree to abide by the above code of ethics & conduct. I will sign a self-declaration form and will receive, hold and refer where necessary to the Partnership Child Protection Policy.

Signature:

Date:

Name: (please print in capitals)