Sulis Scorpions

Code of conduct for coaches and volunteers

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 Coach I agree to:

- Respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport.
- Place the well-being and safety of the rider above the development of performance.
- Follow all guidelines laid down by British Cycling and hold appropriate insurance cover.
- Develop a good working relationship with fellow coaches, club officials and volunteers, based on co-operation, mutual trust and respect. Where required, I will respond in a timely manner to communications. I will also communicate my availability for coaching sessions so that cover can be provided when I am absent.
- Develop an appropriate working relationship with riders, based on mutual trust and respect. I will not exert undue pressure on the riders and will be reasonable in my demands on them.
- Encourage and guide riders to accept responsibility for their own behaviour and performance.
- Hold up-to-date British Cycling approved coaching qualifications, together with all necessary ancillary qualifications and certificates (First aid/safeguarding).
- Not abuse members physically, emotionally or sexually.
- Not let any allegations of abuse of any kind or poor practice to go unchallenged or unrecorded. Incidents and accidents to be recorded in the line with the club's procedures. Parents will be informed.
- Provide the necessary first aid and care in the event of an accident in the presence of others, and report all accidents in line with club and British Cycling procedures.
- Have access to telephone for immediate contact to emergency services if required
- Ensure the activities I direct or advocate are appropriate for the age, maturity, experience and ability of the individual.
- At the outset, clarify with riders (and where appropriate with their parents) exactly what is expected of them and what riders are entitled to expect from me.

- Co-operate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, and physiotherapists) in the best interests of the rider.
- Always promote the positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited substances.
- Teach the participants that honest effort is more important than victory.
- Consistently display high standards of behaviour and appearance. I will set a good example which others can follow.
- Arrive in plenty of time to set up the activity and ensure safety checks are done prior to activity.
- Maintain an attendance register for my sessions. Ensure that riders are handed back to their parent/guardian (or another person with prior agreement of the parent/guardian) at the end of each session
- Keep myself informed about sound coaching practices and the principles of children's growth and development.
- Never ridicule or shout at a child for making a mistake or losing.
- Use social media respectfully and not publish pictures and names of riders on social media without checking that parental consent is in place.
- Ensure that I, and my riders, always have respect for opponents, officials, opposing coaches and supporters and for each other.
- Be positive, approachable and offer praise to promote the objectives of the club at all times.

Staff and volunteers have the right to:

- Access on-going training and information on all aspects of leading/managing activities for youths, particularly on Safeguarding.
- Support in the reporting of suspected abuse or poor practice.
- Access to professional support services.
- Fair and equitable treatment by the club and British Cycling.
- Be protected from abuse by children/youths, other adult members and parents.
- Not to be left vulnerable when working with children.