

RUN SCHOOL Code of Conduct for Coaches – February 2015

As a responsible athletics Coach you will:

- Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
 - Place the welfare and safety of the athlete above the development of performance
- Be appropriately qualified including obtaining DBS clearance, update your qualifications and education as and when required and adhere to Run School terms of teaching.
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
- 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
- Observe a recommended maximum ratio of 1 tutor to 12 athletes at a training session or work in partnership with another tutor / assistant.
- Cooperate fully with others involved in the sport such as team managers, other tutors and always in the best interests of the pupil
- 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
 - Develop appropriate working relationships with athletes based on mutual trust and respect, especially with children those athletes under 18 years or vulnerable adults
 - Do not exert undue influence to obtain personal benefit or reward
- A tutor MUST strictly maintain a clear boundary between friendship and intimacy with pupils and do not conduct inappropriate relationships with pupils. Relationship with pupils can cause significant problems for other team members, raising concerns of favouritism and/or victimisation should the relationship later end.
- In particular, you MUST NOT allow an intimate personal relationship to develop between yourself and any pupil aged under 18 years. Any violation of this could result in a tutor being withdrawn from the Run School and reported. It may also be a criminal offence to conduct a relationship with an athlete aged under 16 years.
 - It is strongly recommended that you do not allow intimate relationships to develop between yourself and pupils taught by you aged over 18 years.

As a responsible tutor, when participating in or training sessions and you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
 - Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of athletes under your supervision
 - Never engage in any inappropriate or illegal behaviour
 - Avoid destructive behaviour and leave athletics venues as you find them
 - Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

In addition, coaches should follow these guidelines on best coaching practice, in particular with young athletes or with vulnerable adults

- Avoid critical language or actions, such as sarcasm which could undermine a pupils self esteem.

- Avoid spending time alone with pupils unless clearly in the view of others to protect both yourself and the young athlete.
 - Always explain why and ask for consent before touching an athlete
 - Work in same-sex pairs if supervising changing areas
- Report any accidental injury, distress, misunderstanding or misinterpretation to the parents/carers and Run School management as soon as possible.
- Report any suspected misconduct by other tutors or other people involved with Run School to Run School management as soon as possible.