

# COACH CODE OF CONDUCT NORTH BERWICK SWIMMING CLUB

A responsible swimming coach helps the development of individuals through improving their performance. This is achieved by:

- 1. Identifying and meeting the needs of individuals
- 2. Improving performance through a progressive programme of safe, guided practice measured performance and/or competition
- 3. Creating an environment in which individuals are motivated to maintain participation and improve performance

### Coaches should comply with the principles of good ethical practice listed below.

#### A coach must at all times:

- 1. Hold relevant, up to date and recognised coaching qualifications, safeguarding training, insurance and a valid PVG if applicable to their role
- 2. Consider the wellbeing and safety of the athlete before the development of performance
- 3. Develop an appropriate working relationship with athletes, based on mutual trust and respect that empower and includes, athletes, both youth and senior in the decision-making process
- 4. Promote respect for the ability of opponents as well as for volunteers, technical officials and fellow coaches
- 5. Always promote the positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited substances
- 6. Make sure all activities are appropriate to the age, ability and experience of those taking part, never using physical activity as a punishment or as a consequence
- 7. Recognise the developmental needs and capacity of each athlete and avoid excessive training and competition, pushing them against their will and putting undue pressure on them
- 8. Respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport
- 9. Encourage athletes to value their effort in performance and not just results
- 10. Encourage and guide athletes to accept responsibility for their own behaviour and performance by giving enthusiastic and constructive feedback.
- 11. Clarify, at the outset, with athletes (and where appropriate with their parents) exactly what is expected of them and what athletes are entitled to expect from their coach
- 12. Consistently display high standards of behaviour and appearance, be an excellent role model including not smoking, drinking or using foul language in the company of athletes
- 13. Never ignore, tolerate or engage in any form of bullying
- 14. Coaches must not exert undue influence to obtain personal benefit or reward. In particular, coaches must not use their position to establish or pursue a sexual or improper relationship with an athlete or someone close to them
- 15. Follow the advice of a physician or other qualified medical professionals when an athlete is injured
- 16. Coaches should not allow allegations to go unchallenged, unrecorded or fail to act upon them
- 17. Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children
- 18. Ensure that the equipment and facilities meet safety standards and are suitable for training

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19. Follow all guidelines laid down by Scottish Swimming and the club and abide by Scottish Swimming Acceptable use of Mobile Phone Policy and Social Media Guidelines

### **Emergency action and first aid**

All coaches should be prepared with an action plan in the event of an emergency and be aware of First Aid procedures. This will include:

- Access to First Aid equipment
- 2. Emergency contact information for the athlete(s)
- 3. Telephone contact to the Emergency Services

#### Coaches have the right to:

- 1. Access ongoing training and information on all aspects of their role, including safeguarding, wellbeing & protection
- 2. Support in reporting suspected abuse or poor practice
- 3. Access to professional support services
- 4. Fair and equitable treatment by the Club & Scottish Swimming
- 5. Be protected from abuse by adults/youths, other adult members and parents
- 6. Not to be left vulnerable while carrying out their role

Breaches of the Coach Code of Conduct will be dealt with in accordance with the Scottish Swimming disciplinary procedures.

I understand that if I do not follow the Coaches Code of Conduct, my club or Scottish Swimming may take any / all the following actions: (delete as appropriate)

- 1. Be required to apologise formally
- 2. Receive a warning; verbal or written
- 3. Required to meet with the club, Wellbeing & Protection Officer, or designated members of the club committee.
- 4. Monitored by another club volunteer/committee member
- 5. Required to attend an education course
- 6. Suspended by the club
- 7. Required to leave or be removed from post

I have read and understood the above Code of Conduct and I agree to be bound by it:

Name (print)	 Signed
Role	 Date

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