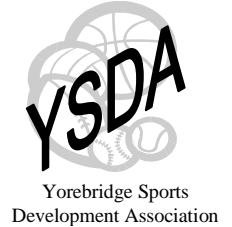




YSDA Code of Conduct for Sports Coaches – Professional Standards & Responsibilities.



“To maximise benefits and minimise the risks to athletes, coaches must attain a high level of competence through qualifications and a commitment to ongoing training that ensures safe and correct practice.”

Issues:

Coaches will:

- ✚ Provide a safe environment that maximises benefits and minimises risks to athletes in achieving their goals.
- ✚ Promote the execution of safe and correct practice.
- ✚ Be professional and accept responsibility for their actions.
- ✚ Make a commitment to providing a quality service to their athletes.
- ✚ Actively promote the positive benefits of participation in sport.
- ✚ Contribute to the development of coaching as a profession by exchanging knowledge and ideas with others.
- ✚ Gain National Governing Body Coaching Qualifications appropriate to the level at which they coach.

Actions:

- ✚ Be aware of the physical needs of athletes, especially those still growing, and ensure that training loads and intensities are appropriate.
- ✚ Follow the guidelines of your National Governing Body.
- ✚ Only allow participation if there is no risk to the athlete.
- ✚ Plan all sessions so they meet the needs of the athletes and are progressive and appropriate.

- ✚ Seek to achieve the highest level of qualification available.
- ✚ Maintain up-to-date knowledge of technical developments in your sport
- ✚ Maintain up-to-date knowledge and understanding of other issues that might impact on both you and your athletes.
- ✚ Be aware of the social issues and how your sport can contribute to local, regional or national initiatives.
- ✚ Do not assume responsibility for any role for which you are not qualified or prepared.