



## Code of Conduct for Coaches

As a responsible athletics coach, a coach will:

- Respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability
- Place the welfare and safety of the athlete above the development of performance
- encourage and guide athletes to accept and take responsibility for their own behavior and performance give them as much autonomy as possible
- Be appropriately qualified and update their coach license as and when required by UKA
- Adopt safe training regimes appropriate for the age, maturity, experience and ability of the individual athlete
- At the outset, clarify with athletes (and where appropriate their parents or carers) exactly what is expected of them and what athletes are entitled to expect from the coach
- Co-operate fully with other colleagues (e.g. other coaches, officials, team managers, sport scientists, doctors, physiotherapists and governing body staff) in the best interests of the athlete
- Consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited or age-inappropriate substances
- Try to observe a recommended maximum ratio of 1 coach to 12 athletes at a training session or work in partnership with another coach/coaching assistant.
- Consistently display high standards of behavior and appearance
- Avoid critical language or actions, such as sarcasm, that undermine an athlete's self-esteem
- Never try to recruit, either overtly or covertly, athletes who are already receiving coaching from another coach (whether or not licensed by UKA)
- Do not spend time alone with a young athlete unless clearly in view of others
- Ensure that parents / carers know about and have given prior approval in advance if taking a young athlete away from the usual training venue
- Respect the right of all athletes especially the younger one to an independent life outside athletics
- Report any accidental injury, distress or misunderstanding or misinterpretation (using accident report form)

In addition, as a responsible athletics coach, a coach must:

- Develop appropriate working relationships with athletes (especially under 18s), based on mutual trust and respect. In particular, a coach will not exert undue influence to obtain personal benefit or reward
- Strictly maintain a clear boundary between friendship and intimacy with athletes and not conduct inappropriate relationships with athletes. Relationships with athletes can cause significant problems for other team members and can fracture teams, raising concerns of favouritism, or even of victimisation, should the relationship later end

In particular, due to the very special relationship between coaches and athletes:

- Coaches must not allow an intimate personal relationship to develop with any athlete under the age of 16 (whether or not they are coached or supervised by them directly or indirectly)
- Any violation of this rule could result in a coach license being withdrawn or restrictions being imposed on it
- Athletes aged between 16 and 18 years may be vulnerable and an intimate personal relationship between a coach and such an athlete is never likely to be appropriate
- Any complaint received by UKA in relation to an inappropriate relationship between a coach and any athlete aged between 16 and 18 will (as for all complaints) be investigated extremely thoroughly and any violation of this rule could result in a coach license being withdrawn or restrictions being imposed on it
- It is also strongly recommended that coaches do not allow intimate personal relationships to develop with athletes (coached or supervised by them) even if they are over the age of 18

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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