



## COACH'S CODE OF ETHICS

### 1. INTRODUCTION

- 1.1. Ethics refers to the generally accepted norms of right or wrong behaviour, based on universal values. Ethics is not about legality nor is it meant to be legalistic.
- 1.2. Coaches, due to their close interaction with athletes, exposure to the public, and the strong pressure to win, are potentially vulnerable to various forms of ethical issues and concerns.
- 1.3. For coaching to be recognised as a profession, they must abide by a code of ethics. Coaches, by adhering to a code of ethics, minimises the likelihood of being accused of unacceptable behaviour and projects a sense of professionalism.
- 1.4. One of the attributes of a profession is that the practitioners subscribe to and enforce ethical codes. This demonstrates their commitment to providing quality services and expertise.
- 1.5. The Coach's Code of Ethics is applicable to all World OCR registered coaches.
- 1.6. All registered World OCR Coaches must sign and adhere to the Coach Code of Conduct.
- 1.7. All registered World OCR Coaches must understand and adhere to World OCR Safe Sport practices.
- 1.8. Individual National Member Federations can choose to adopt, or expand on, the World OCR Coach's Code of Ethics.

### 2. PURPOSE

- 2.1. To provide an ethical framework that guides World OCR registered coaches in appropriate behaviour.
- 2.2. To raise the status of coaching as a vocation.
- 2.3. To facilitate the self-regulation of coaching standards by coaches and consumers of coaching services by explaining what is expected of coaches.
- 2.4. To provide transparency on the expected professional conduct of World OCR registered coaches, thereby encouraging greater confidence in these coaches.
- 2.5. Ethical Coaching requires that coaches are competent and discharge their duty of care to the participants so that the participants are not harmed.

### 3. PRINCIPLES

There are three primary principals of the Coach's Code of Ethics

1. Respect for Individuals (including Safe Sport practices)
2. Responsible Coaching
3. Integrity in Actions

### 4. RESPECT

- 4.1. The concept that each individual possesses an intrinsic value and worth is integral to the principle of Respect for Individuals. Coaches are required to act in a manner respectful of all individuals.

#### 4.2. Ethical Standards

1. Treat and respect everyone equally, regardless of race, language, religion, culture, gender or physical ability.
2. Recognise that each athlete can provide positive feedback on training methods and performance during training and competition. Coaches need to be good listeners.
3. Certain information must be kept confidential. Disclosure of such information should only be made by consent of those who requested confidentiality.
4. Be sensitive to the feelings of athletes when providing feedback on their training progress and performance during competition. Criticisms should not be directed at the athlete, instead it should be on the athlete's performance.

### 5. RESPONSIBILITY

5.1. The principle of Responsible Coaching requires that the coach be competent and responsible and discharge his/her duty of care to the participants. Risks to the participants are minimised and benefits to their holistic development are maximised.

#### 5.2. Ethical Standards

1. Maintain your coaching expertise through participation in courses, conferences and workshops and other continuing education. Prepare well-planned and sound training programmes and execute them in a manner that benefits all participants.
2. Recognise the limits of your knowledge and collaborate with other qualified practitioners. Where appropriate, refer your athletes to a more qualified coach or specialist.
3. Advise injured athletes to seek medical treatment from a medical professional and suggest an appropriate recovery plan if appropriate. When deciding on your injured athlete's ability to continue training or competing, take into account his/her future health and general well-being.
4. Ensure that training and competition venues meet with minimum safety standards and that your athletes are properly attired.
5. Avoid sexual intimacy with your athlete. Any physical contact with your athletes should be only when absolutely necessary and during appropriate situations.
6. Refer to the World OCR Safe Sport practices and guidelines.

### 6. INTEGRITY

6.1. The principle of Integrity requires coaches to be honest, principled and honourable.

#### 6.2. Ethical Standards

1. Be honest and sincere when communicating with your athletes. Do not give false hopes or unrealistic expectations.
2. Inform a fellow coach if and when you are working with his/her athlete(s).
3. Your coaching qualifications and experience should be accurately represented, both in written and verbal form.
4. Abide by the rules of OCR and respect your competition and those in positions of authority.

5. Maintain a professional attitude and the highest standards of personal conduct. This includes your mannerism, dress, personal hygiene and language.
6. Exercise self-awareness and evaluate how your values and actions influence your coaching activities positively or negatively.
7. Uphold the values of drug free sport, by complying with the World OCR / FISO anti- doping rules and cooperating with relevant anti-doping authorities should a need arise. Be a positive influence on those under your charge with respect to the values of drug free sport.