



## COACHES CODE OF CONDUCT

High Flyers are dedicated to following the following practices:

### **General**

As a member of High Flyers, all persons are required to comply with our Member Protection Policy. All persons must meet the following requirements in regard to their conduct during any activity held by the Club.

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for, your actions.
4. Make a commitment to providing quality service.
5. Be aware of and maintain an uncompromising adherence to High Flyers' standards, rules, regulations and policies.
6. Operate within the rules of the sport including national and international guidelines, which govern High Flyers.
7. Do not use your involvement with High Flyers to promote your own beliefs, behaviours or practices where these are inconsistent with those of High Flyers.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Refrain from any form of harassment of others.
11. Refrain from any conduct that may bring High Flyers or the sport of gymnastics into disrepute.
12. Provide a safe environment for the conduct of the activity.
13. Show concern and caution towards others who may be sick or injured.
14. Be a positive role model.
15. Understand the repercussions if you breach, or are aware of any breaches of this code of conduct.

### Coach

In addition to High Flyers' General Code of Conduct, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by High Flyers and in your role as a coach appointed by High Flyers:

1. Do not tolerate acts of aggression.
2. Provide feedback to participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Coach within the limits of your competence as a Coach.
4. Recognise participants' rights to consult with other coaches and advisers. Co-operate fully with other specialists (for example, sports scientists, doctors and physiotherapists).
5. Treat all participants fairly within the context of their sporting activities, regardless of gender, race and place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
6. Encourage and facilitate participants' independence and responsibility for their own conduct, performance, decisions and actions.
7. Modify the training programme for injured athletes based on appropriate medical advice, when required.
8. Involve the participants in decisions that affect them.
9. Encourage participants to respect one another and to expect respect for their worth as individuals regardless of their level of participation.
10. Ensure that the tasks and/or training set are suitable for age, experience, ability and physical and psychological conditions of the participants.
11. Ensure any physical contact with participants is appropriate to the situation and necessary for the participant's skill development.
12. Be acutely aware of the power that you as a coach develop with your participants in the coaching relationship and avoid any sexual intimacy with them that could develop as a result.
13. Avoid situations with your participants that could be construed as compromising.
14. Actively discourage the use of performance enhancing drugs and the use of alcohol, tobacco and illegal substances.
15. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your participants.
16. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
17. Know and abide by rules, regulations and standards, and encourage athletes to do likewise. Accept both the letter and the spirit of the rules.
18. Be honest and ensure that qualifications are not misrepresented.
19. Maintain or improve your current NCAS accreditation.
20. Seek continual improvement through performance appraisal and ongoing coach education.
21. Honour the responsibilities given to a coach by keeping all relevant qualifications up to date
22. Work to ensure your athletes' time spent with you is a positive experience.