

## **Code of Conduct for British Orienteering Coaches**

### **Good coaching practice reflects these principles**

**□ Rights – Coaches must:**

- respect and support the rights of every individual to take part in orienteering
- respect the needs of the athletes before the needs of the sport
- create an environment of fun and enjoyment which is free of fear, discrimination or harassment
- provide orienteering experiences which are matched to the athletes' ages and abilities, as well as their physical, behavioural and emotional development
- be discreet in the handling of any information about athletes and coaches
- provide positive verbal feedback in a constructive and encouraging manner to all athletes, both during coaching sessions and at events

**□ Relationships – Coaches must:**

- be aware of and abide by the policies and procedures outlined in 'O-Safe, A Guide to the Welfare of Children & Vulnerable Adults'
- not engage in any behaviour which constitutes any form of abuse (physical, sexual or emotional), neglect or bullying
- promote the welfare of their athletes and discuss with the athletes, their \*parents/carers and other coaches the potential impact of the programme on the athlete
- take action if they have any welfare concerns about any of their athletes by following the appropriate procedures
- encourage athletes to take responsibility for their own development
- develop an awareness of nutrition as part of an overall education in lifestyle management
- communicate fully with athletes and \*parents/carers the nature of the coaching programme and costs involved
- recognise that it is illegal for players under 18 to drink alcohol or for those under 16 to smoke; coaches should actively discourage both

\*consultation with parents/carers applies only for minors ie U18's.

**□ Responsibilities (Personal Standards) – Coaches must:**

- be fair, considerate and honest in their dealings with everyone
- display high standards of language, manner, punctuality and preparation
- be a positive role model for athletes and other coaches
- promote respect for the environment
- promote an image of a healthy lifestyle (do not smoke, take banned substances or drink alcohol whilst coaching or responsible for athletes)

In the case of alcohol:

- when a coach is leading a tour coaching a group which includes minors, then the coach must not drink any alcohol at any time. If a coach does not wish to comply with this rule then they must not coach on such tours.
- with regards to coaching senior groups, when the coach is undertaking the duties of a coach they should not drink any alcohol.

**□ Responsibilities (Professional Standards) – Coaches must:**

- be committed to providing enjoyable and quality activities for their athletes
- follow the guidelines provided by British Orienteering for coaching activities
- be committed to the ongoing development of their knowledge and skills
- ensure that their British Orienteering Licence to Practice is valid
- ensure all athletes are coached in a safe environment where there is no unacceptable risk of injury, with adequate first aid readily to hand
- be aware of, and abide by, the British Orienteering procedures ('Trips Away') for taking young people on trips or residential tours at home and abroad

As a qualified Coach I can confirm that I have read, signed and agree to abide by the Code of Conduct for Coaches as required by British Orienteering.

Name ..... British Orienteering No .....

Signed..... Date .....