



## **CODE OF CONDUCT FOR TRIATHLON COACHES**

### **Coaches have a responsibility of care and safety**

Coaches should:

- Report any concerns they may have about behaviour towards a child or vulnerable adult, following the TZ guidelines
- Challenge inappropriate behaviour or language by others in the session
- Respect the rights, dignity and worth of every athlete regardless of background or ability
- Place the safety and welfare of the athlete above the development of the performance
- Receive, record and report allegations of abuse according to TZ guidelines
- Ensure any physical contact is appropriate and is carried out with the participants consent and approval
- Refrain from any form of sexual related contact, innuendo, flirting or inappropriate gestures when coaching
- Refrain from sexual intimacy with participants either whilst coaching them or immediately after the coaching session
- Ensure the environment is as safe as possible by assessing and managing risk to an appropriate level
- Promote the execution of safe and correct practice

### **Coaches should be committed to providing quality coaching service to participants**

Coaches should:

- Hold valid qualifications
- Only assume roles for which they are qualified
- Always arrive on time to sessions and have the session already set up by the time the participants arrive
- Plan and prepare for all sessions so that they meet the needs of participants and are appropriate and progressive
- Maintain appropriate and up to date records of participants
- Assess each individual's needs, and support individuals to determine their goals
- Treat all participants equally
- Be aware of physical needs of participants, especially those still growing and ensure training loads and intensities are appropriate
- Clarify from the beginning of the coaching relationship what is expected of the participant and also the coach
- Recognize and accept when it is in the participants interest, to refer a participant to another appropriate coach

- Recognize the rights of participants to confer with other coaches and experts
- Respect the individual's right to transfer between clubs, coaches or other sports
- Obtain the agreement of coaches and participants when taking over some or all coaching responsibilities
- Maintain the same level of interest when the athlete is sick or injured
- Create an environment free of fear and harassment
- Help to maintain enjoyment of Triathlon
- Actively promote the benefits of participation in Triathlon
- Promote the concept of a balanced lifestyle
- Promote drug-free sport
- Educate participants on the use of performance enhancing drugs and supplements
- Encourage participants to take responsibility for their own participation and actions
- Allow participants to express their own views and make their own decisions
- Ensure the ability and performance of the child in sport is not excessively linked with their own perceptions of self-worth
- Accept that improvement in their coaching can always be made
- Engage in self-analysis and reflective practice to identify areas for personal improvement
- Practice in an open and transparent fashion
- Be professional and accept responsibilities for their actions
- Contribute to the development of coaching by sharing knowledge and ideas with others

### **Coaches should be positive role models**

Coaches should:

- Model, and promote adherence to, the codes of conduct
- Act as a good role model by constantly displaying good standards of behaviour, appearance and safe training practises in their own training
- Display high standards in the use of language, manners, punctuality, preparation and presentation
- Operate within the rules and spirit of TZ
- Promote the positive aspects of sport
- Challenge and not condone discrimination on grounds of gender, race, disability, sexuality, age, religion, political opinion, occupation or marital status in the coaching environment
- Treat all individuals in the sport with respect at all times, and be fair, honest and considerate
- Display dignity, control, respect and professionalism to all involved in Triathlon
- Encourage mutual respect between participants in the sport
- Act with respect for the opposition
- Condemn cheating
- Promote tolerance
- Act in a non-violent way
- Address any bullying between participants
- Act equitably in their coaching and combat discrimination on basis of gender, age, race, colour, sexual orientation, political opinion etc