



## Code of Ethics and Conduct

A code defines what is considered good and correct behaviour of all coaches and run leaders. It reflects the values held by the coaching profession, and outlines the expected conduct of members while they perform their duties. It will also be used as a benchmark to assess whether certain behaviours are acceptable or not acceptable. As a qualified coach/ run leader, you are expected to adhere to this code of ethics and conduct at all times.

### Respect for Participants

The principle of respect for athletes challenges coaches/ run leaders to act in a manner respectful of the dignity of those involved in the activity. This principle is based on the assumption that each person has value and is worthy of respect and free from harassment. Acting with respect for participant's means that coaches/ run leaders do not make some participants feel more or less worthy than others, on the basis of; gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, marital status, age or any form of disability.

### Integrity in Relationships

Developing professional relationships with individuals is a central role of being an effective coach/ run leader. However, it must be recognised that behaving with integrity is crucial, and coaches/ run leaders will be expected to be honest, sincere, and honourable in their relationships with participants and others.

### Coaches/ Run Leaders

- Must not engage in behaviour that constitutes any form of abuse (physical, sexual, emotional, neglect, bullying)
- Should promote the welfare and best interests of their athletes
- Must have a high degree of self-awareness and the ability to reflect critically on how your values and opinions influence others
- Must avoid sexual intimacy with athletes, while coaching them
- Should empower athletes to be responsible for their own decisions
- Should clarify the nature of the coaching services being offered to athletes in advance
- Should communicate and cooperate with other organisations and individuals in the best interests of the athletes
- Follow the appropriate welfare guidelines and take the necessary actions if they have a concern over the wellbeing of a child

### Responsibilities: Personal Standards

Coaches/ run leaders must demonstrate proper personal behaviour and conduct at all times.

- Must be fair, honest and considerate to athletes and others in the sport, e.g. officials, club members, race organisers
- Make a personal commitment to providing a quality service to participants at all times
- Should not be under the influence of alcohol when operating in the professional capacity as the coach/ run leader, this includes travelling to and from as well as delivering sessions
- Must be a positive role model for athletes, the club and the sport of running/ triathlon.
- Take pride in being a coach/ run leader, this includes, projecting an image of health, well-dressed, hygiene, appearance, and use of appropriate language and actions

**Professional Responsibilities** The principle of coaching responsibilities carries the expectation that the activities of all coaches. run leaders will benefit society in general, and athletes in particular, and will do no harm. Fundamental to the implementation of this principle is the notion of competence, which implies that coaches should be well-prepared and possesses up-to-date knowledge of their sport so they will be able to maximise benefits and minimise risk to the athletes.

Coaches/ run leaders will:

- Ensure that the environment is as safe as possible for training and competition, taking into account and minimising possible risks
- Any physical contact with athletes should be appropriate to the situation; necessary for the athletes skill development – always ask prior permission if contact is required
- Promote the execution of safe and correct practice at all times
- Be professional in their work and accept responsibility for their actions
- Make a commitment to providing a quality service to their athletes
- Recognise the power inherent in the position as a coach / run leader
- Contribute to the development of coaching by exchanging knowledge and ideas with others
- Acknowledge the limitations of their knowledge and competence
- Obtain appropriate coaching qualifications to the level of operation required
- Ensure they hold a valid and appropriate insurance policy for their coaching/ run leading activities

### Fair Play Principles

Coaches and athletes alike should abide by the principles of fair play during training and competition. Applying fair play principles implies that all those involved in sport recognise the importance of fairness, a respectful attitude and appropriate conduct when engaging in running/ triathlon related activities, and agree to model and promote them at all times.

### Breaches of the Code of Conduct

Ponteland Runners qualified coaches and run leaders will at all times represents their role and their participants in a way which reflects positively on their club. All complaints will be dealt with according to the relevant Home Nation Association 'Complaints and Disciplinary Procedures'.