**HADLEIGH STARS**

**COACHES CODE OF CONDUCT**

All coaches and volunteers must remember that you are a role model to the gymnasts and younger coaches. They will constantly observe you and your actions and all coaches should consistently display very high standards of behaviour and appearance.

They way you speak to gymnasts and parents is incredibly important. You need to give instructions to 4 year olds in a different way to 10 year olds. When speaking to parents, be mindful of who else is in earshot. If you are uncertain and would like support with a conversation, then ask the senior coach.

Coaches must wear suitable sports clothing (no denim). Vest tops are acceptable, but crop tops must not be worn. At competitions, full length black trousers and club t-shirts and jumpers must be worn.

The only piece of jewellery that is acceptable for coaches to wear in the gym is a wedding band.

All coaches must have the relevant qualifications, unless they are acting in the role of Support Coach under instruction and have insurance cover where applicable.

The safety of the gymnast is paramount and is more important than the development of performance. The guidelines set down by British Gymnastics (BG) should be followed at all times.

If you have any issues with another coach or volunteer this should initially be discussed with the Head Coach and never in front of gymnastics/parents.

Coaches must clarify at the beginning of every training session what is expected of them and what gymnasts are entitled to expect from the coach.

Coaches should encourage all gymnasts to accept responsibility for their own behaviour and performance. Making sure that all activities are appropriate to the age and ability of the gymnast. They must ensure that gymnasts are physically able to learn new skills. A coach should never coach skills which they are not qualified to teach (unless working alongside a qualified mentor).

It is not appropriate to show favouritism or personal preference in any way and a coach should always promote the positive aspect of the sport (e.g. fair play, congratulating other class members etc).

Coaches must develop an appropriate working relationship with the gymnasts based on mutual trust and respect.

Coaches must never train alone in a one to one situation.

Coaches must ensure that gymnasts are fit to train and not promote continued training for an injured gymnast.

Rule violations must not be condoned.

Alcohol must not be consumed immediately before or during training.

If a gymnast has an accident/injury, the coach should remain calm, stop other gymnasts in the group from working, reassure the gymnast and work together as a team to ensure safety for all participants (follow club procedures).

All accidents/incidents must be recorded immediately through the appropriate channels (accident book/Head coach/Welfare officer).

Coaches must ensure that all confidential information is only divulged through the appropriate channel (Head coach/Welfare officer) unless the express approval of the individual concerned has been obtained.

Coaches must never be afraid to whistle blow. If you see or hear anything that you are not comfortable with, always report it following the appropriate guidelines, as set out in the BG Child Protection Policy (even if the person involved holds a more senior position to you).

Coaches must ensure that gymnasts are signed out by their parent/guardian at the end of the session.

Gymnasts 12 and over are allowed to sign themselves out, but you must ensure that parental consent has been obtained and the club has been notified.

Coaches must never give a gymnast a lift home unless another gymnast or adult is present. Prior agreement from a parent/guardian must be obtained before transporting them anywhere, i.e. training/competitions.