



CARDIFF JUNIOR TRIATHLON CLUB

CLWB TRIATHLON IEUENCTID CAERDYDD

Coaches Code of Conduct for Cardiff Junior Triathlon Club **As adapted from British Triathlon**

Integrity in Relationships

- 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 triathletes
- 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 triathletes, while coaching them
- Should empower triathletes to be responsible for their own decisions
- Should clarify the nature of the coaching services being offered to triathletes in advance
- Should communicate and cooperate with other organisations and individuals in the best interests of the triathletes
- Have knowledge of and follow the appropriate safeguarding policy and procedures and take necessary actions if they have a concern over the wellbeing of a child
- Coaches and others in a position of authority and trust in relation to athletes aged 16 and 17 years must not engage in sexual relationships with them while an unequal power relationship exists
- Treat all athletes with equal dignity and respect, irrespective of their ability, gender, age, ethnic origin, religion, sexual orientation or disability

Personal Standards

- Must be fair, honest and considerate to triathletes 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, this includes travelling to and from as well as delivering sessions
- Must be a positive role model for triathletes, the club and the sport of triathlon throughout Great Britain
- Take pride in being a coach, this includes, projecting an image of health, well-dressed, hygiene, appearance, and use of appropriate language and actions
- Fully focus on coaching during training sessions
- Not exert undue pressure on athletes, beyond reasonable encouragement



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Professional responsibilities

- Ensure that the environment is as safe as possible for training and competition, taking into account and minimizing 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 triathletes
- Recognise the power inherent in the position as a coach
- Contribute to the development of triathlon coaching by exchanging knowledge and ideas with others
- Follow coaching guidelines as set out by British Triathlon
- Acknowledge the limitations of their ability, knowledge and competence
- Obtain appropriate triathlon coaching qualifications to the level of operation required
- Ensure they hold a valid and appropriate insurance policy for their coaching activities
- If coaching under 18's it is your responsibility obtain a DBS certificate from the BTF and complete the sports personal declaration form. This must be renewed every 3 years.
- Communicate all injuries and incidents within sessions to the Assistant Manager at the leisure centre

Fair Play Principles

- Follow all the rules and never seek to deliberately break a rule
- Aim to compete fairly, using talent and ability to win; refuse to win by illegal means or by cheating
- Respect all race and technical officials, and their decisions, without doubting their integrity
- Recognise and acknowledge good performances by others
- Maintain dignity in all circumstances, and demonstrate self-control
- For the coaches – know the rules and regulations well, and apply them with impartiality at all times
- Never condone the use of any illegal or prohibited substances according to the WADA code to enhance an athletes performance

British Triathlon qualified coaches will at all times represent their role and their participants in a way which reflects positively on their club, National Governing Body and the UK-wide coaching profession. All complaints will be dealt with according to the relevant Home Nation Association 'Complaints and Disciplinary Procedures'.