

## **EDINBURGH SYNCHRONISED SWIMMING CLUB COACH CODE OF CONDUCT 2022**

### **Club Code of Conduct**

The club is committed to the promotion of excellence in swimming and the fostering of a sense of individual achievement and sporting fairness within a competitive yet supportive environment. The following code of conduct is designed to assist in the achievement of these objectives.

### **Coach Code of Conduct**

A responsible swimming coach helps the development of individuals through improving their performance. This is achieved by:

- identifying and meeting the needs of individuals
- improving performance through a progressive programme of safe, guided practice, measured performance and/or competition
- creating an environment in which individuals are motivated to maintain participation and improve performance

**Coaches should comply with the principles of good ethical practice listed below.**

#### **A coach must at all times:**

- hold relevant, up to date and recognised coaching qualifications, safeguarding training, insurance and a valid PVG if applicable to their role
- consider the wellbeing and safety of the athlete before the development of performance
- develop an appropriate working relationship with athletes, based on mutual trust and respect that empowers and includes athletes, both youth and senior, in the decision making process
- promote respect for the ability of opponents as well as for volunteers, officials and fellow coaches
- promote the positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited substances
- make sure all activities are appropriate to the age, ability and experience of those taking part
- recognise the developmental needs and capacity of each athlete and avoid excessive training and competition, pushing them against their will and putting undue pressure on them
- respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport
- encourage athletes to value their effort in performance and not just results
- encourage and guide athletes to accept responsibility for their own behaviour and performance by giving enthusiastic and constructive feedback
- clarify, at the outset, with athletes (and where appropriate with their parents) exactly what is expected of them and what athletes are entitled to expect from their coach
- consistently display high standards of behaviour and appearance, be an excellent role model including not smoking or drinking or using foul language in the company of athletes
- never ignore, tolerate or engage in any form of bullying
- not exert undue influence to obtain personal benefit or reward. In particular, coaches must not use their position to establish or pursue a sexual or improper relationship with an athlete or someone close to them
- follow the advice of a physician or other qualified medical professionals when a swimmer is injured

- not allow allegations to go unchallenged, unrecorded or fail to act upon them
- make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children
- ensure that the equipment and facilities meet safety standards and are suitable for training
- ensure that all social media communications with a swimmer includes a parent / guardian
- follow all guidelines laid down by Scottish Swimming and the club and abide by Scottish Swimming Acceptable use of Mobile Phone Policy and Social Media Guidelines

### **Emergency action and first aid**

All coaches should be prepared with an action plan in the event of an emergency and be aware of First Aid procedures. This will include:

- access to First Aid equipment
- emergency contact for the athlete
- telephone contact to the Emergency Services

### **Coaches have the right to:**

- access ongoing training and information on all aspects of their role, including safeguarding, wellbeing & protection
- support in reporting suspected abuse or poor practice
- access professional support services
- fair and equitable treatment by Scottish Swimming/club
- be protected from abuse by adults/youths, other adult members and parents
- not be left vulnerable while carrying out their role

Breaches of the Coach Code of Conduct will be dealt with in accordance with the club's / Scottish Swimming disciplinary procedures.

I understand that if I do not follow the Coaches Code of Conduct, my club or Scottish Swimming may require of me any / all of the following actions:

- To apologise formally
- Receive a warning; verbal or written
- To meet with the club, Wellbeing & Protection Officer or designated members of the club committee.
- To be monitored by another club volunteer/committee member
- To attend an education course
- To be suspended by the club
- To leave or be removed from post

I have read and understood the above Code of Conduct and I agree to be bound by it:

Name of coach \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_