Rights

- treat people equally with respect and dignity
- put the welfare of each young person first
- encourage participants to speak openly
- make sport fun, enjoyable and promote fair play
- be discreet in any conversations about players/coaches etc
- unacceptable is discrimination, prejudice, oppressive behaviour or language in relation to any of the following – race, culture, age, gender, disability, religion, sexuality or political persuasion. Do not let these incidents go unchallenged

Relationships

- be aware of developmental needs of players/athletes
- build balanced relationships based on mutual trust
- ensure any physical contact is in line with NGB guidelines and ask young people and parents/carers for their consent if there is a need to touch
- be aware of e-safety and the implications
- allow players/athletes into decision making process
- encourage players/athletes to take responsibility for their own development and actions
- inform parents/carers immediately if you have concerns about the child’s welfare
- involve parents/carers wherever possible, e.g., for the responsibility of their child in the changing rooms
- mixed teams should be accompanied by a male and female coach/instructor/parent
- at residential tournaments adults should not invite children into their rooms or enter children’s rooms except in an emergency

Personal Responsibilities

- be an excellent role model displaying high standards of behaviour and appearance
- be aware of any medicines being taken by participants, or existing injuries
- give enthusiastic and constructive feedback
- educate performers re substance misuse and nutrition
- do not smoke or consume alcohol or illegal substances

Professional Responsibilities

- maintain a safe and appropriate distance with performers and abide by NGB coach/participant ratios
- recognise the developmental needs and capacity of performers
- ensure equipment and facilities are safe and appropriate
- secure parental consent in writing to act in loco parentis, if the need arises, to administer emergency first aid and / or other medical treatment
- keep a written record of any injury or incident that occurs and report accordingly
- ensure that use of photographic and filming equipment is appropriate and permission sought
- keep up to date with the technical skills, qualifications and insurance
- work in an open environment, being visible and identifiable as the coach
- engage in self-analysis and reflection to identify professional needs
- promote good coaching practice and challenge poor practice in others