

British Orienteering Coaches Code of Conduct

Introduction

Someone engaged in coaching or training to become a Coach may do so under the title of Trainee Coach, Coach, Instructor, or Leader, collectively referred to as “Coaches” for the purposes of this code of conduct. Regardless of the badge, qualification or title they wear, this Code applies to all those who help others achieve their goals through Orienteering. This Code of Conduct is intended to supplement the [British Orienteering Code of Ethics & Behaviour](#) and Code of Conduct.

British Orienteering acknowledges and appreciates the contribution made by Coaches throughout our sport and the crucial role they play in the continued development of Orienteering and in the lives of the individuals they coach.

Good Coaches ensure participants in Orienteering have positive experiences and are therefore more likely to continue in the sport and achieve their potential. Coaches should ensure they demonstrate a high degree of honesty, integrity and competence at all levels. We want our Coaches to understand their responsibilities whilst maintaining the key concept that participation is for fun and enjoyment as well as achievement.

This Code of Conduct incorporates the [UK Coaching Code of Practice for Sports Coaches](#) and defines all that is best in good coaching practice.

1. Rights

Coaches must respect and champion the rights of every individual to participate in sport and physical activity.

Coaches responsibilities:

- 1.1 Create a positive and welcoming environment where everyone can participate in Orienteering.
- 1.2 Maintain an environment free of harassment.
- 1.3 Recognise the rights of all participants to be treated as individuals.
- 1.4 Recognise the rights of participants to seek advice from other Coaches and experts.
- 1.5 Promote the concept of a balanced lifestyle, supporting the wellbeing of participants in and out of the sport.

Coaches behaviours;

Coaches should;	Coaches should not;
<p>Always treat all individuals with respect.</p> <p>Be discreet in any conversations about Participants/Athletes, Coaches or any other individuals.</p> <p>Communicate with and provide feedback to Orienteers in a way that reflects respect and care.</p>	<p>Discriminate on the grounds of gender, marital status, race, colour, disability, sexual identity, age, occupation, religious beliefs or political opinion.</p> <p>Allow any form of discrimination to go unchallenged.</p> <p>Publicly criticise or engage in demeaning descriptions of others.</p>

2. Relationships

Coaches must develop a relationship with their participants (and others) based on openness, honesty, mutual trust and respect.

Coaches responsibilities:

- 2.1 Must not engage in behaviour that constitutes any form of abuse (physical, sexual, emotional, neglect, bullying).
- 2.2 Should promote the welfare and best interests of their participants.
- 2.3 Must avoid sexual intimacy with participants, either while coaching them or in the period immediately following the end of the coaching relationship.
- 2.4 Must act if they have a concern about the behaviour of an adult towards a child or adult at risk.
- 2.5 Should empower participants to be responsible for their own decisions.
- 2.6 Should clarify the nature of the coaching services being offered.
- 2.7 Should communicate and cooperate with other organisations and individuals in the best interests of participants.

Coaches behaviours;

Coaches should;	Coaches should not;
<p>Be aware of the physical needs of all ensure that training loads and intensities are appropriate.</p>	<p>Engage in any form of sexually related contact or activity with any Orienteers for whom you have responsibility.</p>

<p>Ensure that physical contact is appropriate and necessary and is carried out within British Orienteering guidelines with the participant's full informed consent and approval.</p> <p>Inform parents/guardians immediately if you are at all concerned about the welfare of a child, unless there are concerns that this would not be in the interests of the child.</p> <p>Know and understand British Orienteering's Safeguarding Policies and procedures and always follow them.</p> <p>Arrange to transfer a participant to another Coach if an inappropriate or intimate relationship is developing.</p> <p>Encourage participants to take responsibility for their own development and actions.</p> <p>Be aware of and communicate any conflict of interest as soon as it becomes apparent.</p>	<p>Do not work with any other Coach's participant without first discussing or reaching agreement with both Coach and participant unless there are exceptional circumstances.</p> <p>Do not engage in any behaviour which is or could be perceived to be bullying of any nature.</p>
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3. Personal Standards

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

Coaches responsibilities:

- 3.1 Must be fair, honest and considerate to all Orienteering participants.
- 3.2 Should project an image of health, personal hygiene and functional efficiency.
- 3.3 Must always be positive role models for participants.

Coaches behaviours;

Coaches should;	Coaches should not;
<p>Operate within the rules and the spirit of Orienteering.</p> <p>Where relevant, educate participants on issues relating to the use of performance-enhancing drugs in sport and cooperate fully with UK Anti-Doping, UK Sport and governing body policies.</p>	<p>Smoke, drink alcohol or use recreational drugs before or while coaching. This gives a negative image and could compromise safety.</p>

<p>Display control, respect, dignity and professionalism to all involved in Orienteering and should encourage their participants to act in a similar manner.</p> <p>Display positive safety culture, reporting accidents, incidents and near misses on the British Orienteering incident reporting system.</p>	
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4. Professional Standards

To maximise the benefits and minimise the risks to participants, Coaches must attain an appropriate level of competence through qualifications, and a commitment to ongoing training to ensure safe and correct practice.

Coaches responsibilities:

- 4.1 Ensure the environment is as safe as possible, identifying and minimising possible risks.
- 4.2 Promote safe and correct practice.
- 4.3 Be professional and accept responsibility for their actions.
- 4.4 Make a commitment to providing a high-quality service to their participants.
- 4.5 Actively promote the positive benefits to society of participation in sport and activity, including the contribution it makes to achieving improved health, well-being and educational outcomes for children and young people
- 4.6 Contribute to the development of coaching by exchanging knowledge and ideas with others, and by working in partnership with other agencies and professionals
- 4.7 Gain qualifications appropriate to the level at which they coach.
- 4.8 Respect the environment

Coaches behaviours;

Coaches should;	Coaches should not;
Plan all sessions so they meet the needs of the participants and are progressive and appropriate.	Assume responsibility for any role for which you are not qualified or misrepresent your level of qualification.
Maintain appropriate records of your participants' progress.	Pollute the environment.

<p>Recognise and accept when it is appropriate to refer a participant to another coach or specialist. Actively contribute to local, regional and national initiatives to improve the standards and quality of coaching Orienteering.</p> <p>Seek & embrace your responsibility for continuing personal development (CPD) opportunities to develop your coaching skills and competencies and update your knowledge.</p> <p>Manage your lifestyle and coaching commitments to avoid the burnout that might impair your performance.</p> <p>Promote good coaching practice in others and challenge any poor practice you observe.</p>	
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As a Coach I confirm that I have read, signed and agree to abide by the Code of Conduct for Coaches as required by British Orienteering

Name	
British Orienteering No.	
Signed	
Date	