

## Code of Conduct for British Orienteering Coaches

### Good coaching practice reflects these principles

- **Rights – Coaches must:**
  - respect and support the rights of every individual to take part in orienteering
  - respect the needs of the athletes before the needs of the sport
  - create an environment of fun and enjoyment which is free of fear, discrimination or harassment
  - provide orienteering experiences which are matched to the athletes' ages and abilities, as well as their physical, behavioural and emotional development
  - be discreet in the handling of any information about athletes and coaches
  - provide positive verbal feedback in a constructive and encouraging manner to all athletes, both during coaching sessions and at events
- **Relationships – Coaches must:**
  - be aware of and abide by the policies and procedures outlined in 'O-Safe, A Guide to the Welfare of Children & Vulnerable Adults'
  - not engage in any behaviour which constitutes any form of abuse (physical, sexual or emotional), neglect or bullying
  - promote the welfare of their athletes and discuss with the athletes, their \*parents/carers and other coaches the potential impact of the programme on the athlete
  - take action if they have any welfare concerns about any of their athletes by following the appropriate procedures
  - encourage athletes to take responsibility for their own development
  - develop an awareness of nutrition as part of an overall education in lifestyle management
  - communicate fully with athletes and \*parents/carers the nature of the coaching programme and costs involved
  - recognise that it is illegal for players under 18 to drink alcohol or for those under 16 to smoke; coaches should actively discourage both

\*consultation with parents/carers applies only for minors ie U18's.
- **Responsibilities (Personal Standards) – Coaches must:**
  - be fair, considerate and honest in their dealings with everyone
  - display high standards of language, manner, punctuality and preparation
  - be a positive role model for athletes and other coaches
  - promote respect for the environment
  - promote an image of a healthy lifestyle (do not smoke, take banned substances or drink alcohol whilst coaching or responsible for athletes)

In the case of alcohol:

  - When a coach is leading a tour coaching a group which includes minors, then the coach must not drink any alcohol at any time. If a coach does not wish to comply with this rule then they must not coach on such tours.
  - With regards to coaching senior groups, when the coach is undertaking the duties of a coach they should not drink any alcohol.
- **Responsibilities (Professional Standards) – Coaches must:**
  - be committed to providing enjoyable and quality activities for their athletes
  - follow the guidelines provided by British Orienteering for coaching activities
  - be committed to the ongoing development of their knowledge and skills
  - ensure that their British Orienteering Licence to Practice is valid
  - ensure all athletes are coached in a safe environment where there is no unacceptable risk of injury, with adequate first aid readily to hand
  - be aware of, and abide by, the British Orienteering procedures ('Trips Away') for taking young people on trips or residential tours at home and abroad

**All coaches should be aware that a serious breach of the coaches' code of conduct could result in the coaching licence being revoked and them being subject to the British Orienteering Disciplinary Policy and Procedures. For further information, refer to the British Orienteering 'O' Safe Policy, Complaints Procedures and Disciplinary Policy and Procedures.**

As a qualified Coach I can 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 .....