

Coaches Code of Conduct

Written and developed by the **Scottish Volleyball's** Coaches Commission

Introduction

Coaching volleyball, whether in an employed or voluntary capacity, is a rewarding and responsible role. The general and sporting communities have expectations of the manner in which coaches conduct themselves and behave in the practise and match environments. These expectations are expressed in this document as a 'Code of Conduct for Volleyball Coaches'.

The Code of Conduct is designed to help you to understand what is expected of a volleyball coach, what the standards of behaviour are and how the volleyball coach must be both a 'Champion' and a role model for others.

The ideas expressed in the Coaches Code of Conduct must become the actions that Coaches make, and not just words on a page.

Rights

Coaches must respect and champion the rights of every individual who wishes to participate in volleyball.

Coaches should:

- Assist in the creation of an environment where every individual has the opportunity to participate in the development process.
- Create and maintain an environment free of fear and harassment.
- Recognise the rights of all athletes to be treated as individuals.
- Promote the concept of a balanced lifestyle, supporting the well-being of the athlete both in and out of the sport
- Treat all individuals in sport with respect at all times.
- Do not discriminate
- Do not condone or allow to go unchallenged any form of discrimination.
- Do not publicly criticise or engage in demeaning descriptions of others.
- Be discreet in any conversations about athletes, coaches or any other individuals.
- Communicate with and provide feedback to athletes in a manner which reflects respect and care.

Personal Standards

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

- Coaches: Must be fair, honest and considerate to athletes and others in their sport.
- Should project an image of health, cleanliness and functional efficiency.
- Must be positive role models for athletes at all times.
- Must operate within the rules and the spirit of the sport.

- Must display high standards in use of language, manner, punctuality, preparation and presentation.
- Must encourage athletes to display the same qualities.
- Display control, respect, dignity and professionalism to all involved in your sport.

Relationships

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

Coaches:

- 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 athletes.
- Must take action if they have a concern about the behaviour of an adult towards a child.
- Should empower athletes to be responsible for their own decisions.
- Should clarify the nature of the coaching services being offered to athletes.
- Should communicate and cooperate with other organisations and individuals in the best interests of athletes.
- Be aware of the physical needs of athletes, especially those still growing, and ensure that training loads and intensities are appropriate.
- Ensure that physical contact is appropriate and necessary and is carried out within recommended guidelines with the athletes full consent and approval.
- Inform parents immediately if you are at all concerned about the welfare of a child.
- Discuss with parents and other interested parties the potential impact of the programme on the athlete.
- Respect athletes opinions when making decisions about their participation in their sport.
- Encourage athletes to take responsibility for their own development and actions.
- Allow athletes to discuss and participate in the decision-making process.
- Inform athletes or their parents of the requirements of the sport. Inform athletes or their parents of any potential costs involved in accessing the coaching services on offer.

Professional Standards

To maximise benefits and minimise the risks to athletes, coaches must attain a high level of competence through qualifications and a commitment to ongoing training that ensures safe and correct practice.

Coaches will:

- Provide a safe environment that maximises benefits and minimises risks to athletes in achieving their goals.
- Promote the execution of safe and correct practice. Be professional and accept responsibility for their actions.

- Make a commitment to providing a quality service to their athletes. Actively promote the positive benefits to society of participation in sport.
- Contribute to the development of coaching as a profession by exchanging knowledge and ideas with others.
- Gain SVA coaching qualifications appropriate to the level at which they coach.
- Plan all sessions so they meet the needs of the athletes and are progressive and appropriate.
- Maintain up-to-date knowledge of technical developments in Scottish Volleyball.
- Maintain up-to-date knowledge and understanding of other issues that might impact on both themselves and their athletes.
- Actively participate in recruitment and education opportunities for their Club and the sport.
- Engage in self-analysis and reflection to identify their professional needs.
- Seek continuous professional development opportunities to develop their coaching skills and update their knowledge.

Working with Vulnerable Groups

Coaches must adhere to the Scottish Volleyball Child Protection Policy and create a suitable environment for young people.

Coaches will:

- Treat all young people equally, with respect, dignity and fairness.
- Involve parents/carers wherever possible.
- Build balanced relationships based on mutual trust.
- Always work in an open environment, wherever possible. Avoid private or unobserved situations.
- Put the welfare of each young person first before winning or achieving performance goals.

Avoid excessive training and competition, pushing young people against their will and putting undue pressure on them and recognise the developmental needs and capacity of young people.

DECLARATION

I have read and understood the SVA code of conduct for coaches and agree to abide by the principles outlined.

Signed:

Print:

Date: