



CLUB CODE OF CONDUCT

COACHING STANDARDS

- Ensure that the environment is as safe as possible for training & competition
- Any physical contact with athletes should be appropriate to the situation; ask permission
- Promote the execution of safe & correct practice at all times
- Be professional in their work & accept responsibility for their actions
- Recognise the power inherent in the position as a coach; do not abuse this trust
- Contribute to the development of triathlon coaching by exchanging knowledge & ideas
- Acknowledge limitations of the knowledge & competence of athletes
- Operate in line with appropriate coaching qualifications and the level attained
- Ensure valid & appropriate insurance is held for coaching activities
- Know the rules & regulations well, apply them impartially at all times
- Make a personal commitment to providing a quality service to participants at all times
- Take pride in being a coach; project image of health & use appropriate language / actions
- Have self-awareness & ability to reflect critically on influencing others
- Empower triathletes to be responsible for their own decisions
- Avoid sexual intimacy with triathletes while coaching them
- Clarify the nature of the coaching services being offered to triathletes in advance
- Follow appropriate welfare guidance & take actions if necessary around a child

ATHLETE STANDARDS

- Follow all rules & never deliberately break a rule
- Aim to compete fairly, using talent & ability to win; never cheat or win illegally
- Respect all race & technical officials & their decisions
- Recognise & acknowledge good performance by others
- Maintain dignity in all circumstances; demonstrate self-control
- Be fair, honest & considerate to athletes & others in the sport
- Never be under the influence of alcohol at training sessions as a volunteer, coach or athlete
- Be a positive role model for triathletes, the club & the sport of triathlon
- Do not engage in behaviour that constitutes any form of abuse
- Promote welfare & best interests of all athletes
- Communicate & co-operate with other organisation & individuals when required

By taking part in activities associated with Rochdale Triathlon Club, I aspire to always abide by the guidelines in this document during the time I am associated with Rochdale Triathlon Club as an athlete, volunteer or coach.