

QUEENSTOWN GYMNASTICS CLUB

COACHES' CODE OF CONDUCT

Queenstown Gymnastic Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, officials, administrators, parents and spectators associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, all those associated with Queenstown Gymnastic Club should comply by this Code of Conduct.

- **DESIRABLE BEHAVIOUR:** Ensure you are reliable in attending training sessions.
- If you are unable to attend, it is your responsibility to arrange a relief coach and to advise the President of that relief in person or by phone call. Ensure relief coaches are arranged with plenty of notice (unless it is an unavoidable emergency situation).
- Whenever possible, group athletes according to skills and physical maturity.
- The scheduling and length of practice times and competition should take into consideration the maturity level, competition level and fitness of athletes.
- Avoid over-focusing on the talented athletes. The “just-average” athletes need, and deserve, equal time.
- Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule children for making mistakes or not being able to do certain skills.
- Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
- Be aware of the role of the coach as an educator. As well as imparting knowledge and skills, promote desirable personal and social behaviours; and never tolerate acts of aggression.
- Treat all athletes fairly within the context of their activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
- Encourage and facilitate athletes' independence and responsibility for their own behaviour, performance, decisions and actions. Involve the athletes in decisions that affect them.
- **PERSONAL SAFETY:** Ensure any physical contact with athletes is appropriate to the situation and necessary for the gymnast's skill development. Avoid situations with your athletes that could be construed as compromising.
- Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your athletes.
- Be acutely aware of the power that you as a coach develop with your athletes in the coaching relationship and avoid any sexual intimacy with athletes that could develop as a result.
- **OFFICIALS/RULES/COACHES:** Teach your athletes that the rules of gymnastics are mutual agreements, which no one should evade or break.
- Develop team respect for the ability of competitors and the judgement of officials and opposing coaches.
- Seek to keep abreast of changes in the sport; ensure that the information used is up to date, appropriate to the needs of athletes and takes account of the principles of growth and development of children.
- Use the NZ Coach Approach (athlete centred, coach led); learning through athlete ownership, awareness and responsibility.
- Recognise athletes' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, sports scientists, physiotherapists) and follow the advice of a physician when determining when an injured gymnast is ready to recommence training.
- **EQUIPMENT:** Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes. Take responsibility for any damages that occur or are found by ensuring the club is advised.
- Replace equipment to the correct area (according to the agreed plan) upon completion of your class in appreciation and consideration of all users. Ensure the equipment room is left tidy.