



**CHORLEY ATHLETIC
& TRIATHLON CLUB**

run : jump : throw : bike : swim : walk : fun



CHORLEY

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COACHING GUIDANCE

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[List of Coaches](#)

Policy for Coaches and Volunteers

As a Coach I will :

1) respect all who participate in the sport including:

- respecting the rights and dignity of everyone involved in athletics.
- treating everyone equally as everyone has value and is worthy of respect.
- never discriminating on any grounds e.g. gender, race, athletic potential, sexual orientation, religion, socio economic status, age , disability.
- avoiding critical language or actions, which could undermine an athlete's self esteem.

2) exhibit integrity in relationships including:

- cooperate fully with others involved in the sport in the best interests of the athlete.
- encouraging athletes to accept responsibility for their own performance and behaviour.
- developing appropriate working relationships with athletes based on mutual trust and respect.
- have a high degree of self-awareness and that my behaviour affects the behaviour of other.
- ensure athletes, parents, guardians know what is expected and what they expect from me.
- strictly maintain a clear boundary between friendship and intimacy.
- follow safeguarding guidelines and raise any concerns to the safeguarding officer.
- report any accidental injury, distress, misunderstanding or misinterpretation to the parents/guardians and Club Welfare officer as soon as possible.
- report any misconduct by others to the Club welfare officer as soon as possible.

3) maintain high personal standards such as:

- being fair, honest and considerate.
- never swearing, using abusive language or irresponsible/illegal behaviour.
- never being under the influence of alcohol or illegal substances.
- never carrying items that could be dangerous to myself or others.
- being a positive role model for athletes, the club and the sport.
- never exerting influence to obtain personal benefit or reward.
- never recruit, overtly or covertly, athletes who are already receiving coaching.

4) demonstrate high professional standards such as:

- being appropriately qualified, prepared and maintain up to date knowledge.
- ensuring I carry valid and appropriate insurance either personally or through the club.
- ensuring all environments are safe for the activities to be undertaken.
- ensuring activities I direct are appropriate for the maturity, experience and ability of the athletes.
- placing the welfare and safety of the athletes above the development of performance.
- observing the recommended maximum ratio of 1 coach to 12 athletes at a training session.
- challenging inappropriate behaviour and language by others.
- avoiding spending time alone with young athletes, including in a car or at my house.
- ensuring any physical contact is appropriate and always seeking consent beforehand.
- respecting the right of young athletes to an independent life outside of athletics.

5) ensure fair play by:

- recognising good performance by others.
- acting with dignity and display courtesy and good manners towards others.

- promoting positive aspects of the sport such as fair play.
- never condoning rule violations or the use of prohibited or age-inappropriate substances.