



Coaches should:

- respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability.
- place the welfare and safety of the athlete above the development of performance
- develop appropriate working relationships with athletes (especially under 18s), based on mutual trust and respect.
- not exert undue influence to obtain personal benefit or reward.
- encourage and guide athletes to accept and take responsibility for their own behaviour and performance, give them as much autonomy as possible.
- never do something for an athlete that they can do for themselves (In the case of some disabled athletes or vulnerable adults tasks of a personal nature may be requested or necessary. In such cases, the full understanding and consent of the parent or carer should be sought and the individual's autonomy and dignity should be respected.)
- avoid critical language or actions, such as sarcasm, that undermine an athlete's self-esteem.
- not spend time alone with a young athlete unless clearly in view of others.
- avoid taking a young athlete alone in your car.
- never invite a young athlete alone to your home.
- never engage in physical or sexually provocative games, including horseplay, or share a bedroom with a child.
- always explain why and ask for consent before touching an athlete.
- work in same-sex pairs when supervising changing areas.
- ensure that parents/carers know about and have approved in advance if taking a young athlete away from the usual training venue.



- respect the right of young athletes to an independent life outside athletics.
- make sure you are appropriately qualified for activities that you coach and update your licence and education as and when required by UK Athletics.
- adopt safe training regimes appropriate to the age, stage of development and capacity of the athlete.
- at the outset, clarify with athletes (and where appropriate their parents or carers) exactly what is expected of them and what performers are entitled to expect from you.
- never try to recruit, either overtly or covertly, athletes who are already receiving coaching.
- co-operate fully with other colleagues (e.g. other coaches, officials, team managers, sport scientists, doctors, physiotherapists, governing body staff) in the best interests of the athlete.
- consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited or age-inappropriate substances.
- strictly maintain a clear boundary between friendship and intimacy with athletes.
- challenge inappropriate behaviour or language by others.
- report any accidental injury, distress or misunderstanding or misinterpretation (including if a child appears to have been sexually aroused by your actions). A brief written report of such incidents should be submitted to the Welfare Officer as soon as possible, and parents/carers notified.
- report any suspected misconduct by other coaches or athletics personnel.
- consistently display high standards of behaviour and appearance.