



## **CODES OF BEHAVIOUR**

### **COACHES**

As a coach of a participant in any activity held by TJ'S Gymsports, you must meet the following requirements in regard to your conduct

1. **Respect the rights, dignity and worths of others.**
2. **Provide feedback to participants in a sensitive manner, avoid overly negative feedback.**
3. **Do not tolerate acts of aggression or bullying.**
4. **Encourage participants independence and responsibility for their own behaviour, performance, decisions and actions.**
5. **Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.**
6. **Remain courteous at all times and conduct yourself in a professional manner.**
7. **Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.**
8. **Recognise participants rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, sports scientists, doctors and physiotherapists)**
9. **Ensure that the tasks and training set are suitable for age, experience, ability and physical and psychological conditions of the participants.**
10. **Fill in the appropriate forms when required ( for example an injury or faulty equipment etc )**
11. **Check equipment before using it to make sure it is intact and working properly.**
12. **Ensure participants are following rules and respecting coaches , participants, spectators and venue at all times.**

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