



COACH code of behaviour

Safety and Health of Participants

- Place the safety and welfare of the participants above all else.

Coaching excellence

- Help each person (athlete, official, etc) to reach their potential. Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each participant as an individual.
- Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of participants.
- Must have a current Blue Card and a minimum of a current AWF Club Coach Qualification

Honour the sport

- Act within the rules and spirit of your sport.
- Promote fair play over winning at any cost.
- Respect the decisions of officials, coaches and administrators.
- Show respect and courtesy to all involved with the sport.
- Display responsible behaviour in relation to alcohol and other drugs.

Integrity

- Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a harassment-free environment.

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- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development.
- Be honest and do not allow your qualifications or coaching experience to be misrepresented.
- Never advocate or condone the use of illicit drugs or other banned performance enhancing substances or methods.
- Never participate in or advocate practices that involve match fixing.

Respect

- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Do not tolerate abusive, bullying or threatening behaviour.

Club Specific Rules

- Must be a current QWA member and a Current Financial member of the club.
- An athlete will have just one club personal coach and cannot change coaches unless all the coaches involved agree.
- A coach must not to undermine another coach's relationship with their athlete – e.g. make disparaging comments about the athletes personal coach and their coaching cues, offer alternative training programs etc
- A coach cannot coach or give cues to another coach's athlete. In the situation when a coach feels they can assist another coach's athlete they need to go through the personal coach and not go direct to the athlete. In order to cover for circumstances where a coach is away and wants another coach to fill in they must send the request to the other coach in writing to avoid any possible miscommunication.
- Coaches will be assigned new athletes to coach by the Recruitment Officer in a way that they deem best fit for the club the coach and the athlete - however the coach is not obliged to take a particular athlete.

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- If a coach recruits lifters who are not club members, then the coach has first refusal on taking the athlete – however all new recruitments must be approved by Recruitment Officer
- People (including athletes) who are not official club coaches cannot coach at the club
- Coaches are volunteers and are not paid by the club for their services, they get a bursary that can be used to cover coaching expenses eg QWA membership, Club Training fees, First Aid Courses, Phone bills, Comp Travel, re-accreditation etc
Club Licenced coaches get \$8 per athlete per month
State Licenced coaches get \$11 per athlete per month
National Licenced coaches get \$15 per athlete per month

I _____ have read and understood the policy and will abide by it as a member of Cougars Weightlifting Club

Signature:

Date:

If under 18 years of age, parent/guardian:

Signature:

Date:

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