

# Code of Conduct for Leaders/ Coaches

Leaders should familiarize themselves with the Code, particularly this code of conduct. Leaders should read below and agree to abide by these terms.

## **As a leader/ coach in triathlon, I agree that I should:**

- Be positive during sessions and competitions, praise and encourage effort and results.
- Put the welfare of young people first and strike a balance between this and winning / results.
- Encourage fair play and treat participants equally.
- Recognize developmental needs, ensuring activities are appropriate for the individual.
- Plan and prepare appropriately.
- Be committed to the values & guidelines of this Safeguarding Code for Triathlon Ireland and/or hold up-to-date qualifications.
- Involve parents where possible and inform parents when problems arise.
- Keep a record of attendance at training and competitions.
- Keep a brief record of injury(s) and action taken.
- Keep a brief record of the problem/action/outcome if behavioural problems arise.
- Report any concerns in accordance with this Code's reporting procedures.

## **Where possible, I will avoid:**

- Spending excessive amounts of time with children away from others.
- Taking sessions alone.
- Constant communication with individual athletes by mobile phone or email.
- Taking children to my home.
- Taking children on journeys alone in my car.

## **Sports Leaders/ Coach should not:**

- Use any form of physical punishment or physical force on a child.
- Exert undue influence over a participant to obtain personal benefit or reward.
- Engage in rough physical games, sexually provocative games or allow or engage in inappropriate touching of any kind, and /or make sexually suggestive comments about or to a child. This includes innuendo, flirting or inappropriate gestures and terms.
- Take measurements or engage in certain types of fitness testing without the presence of another adult.
- Undertake any form of therapy (hypnosis etc.) in the training of children.