

Five Star Sports want to ensure that children and adults are protected and kept safe from harm while they are with staff, coaches and/or volunteers. We do this by requiring all to operate under this general Sport and Recreation Code of Ethics.

### ***Coaching, Teaching and Instructing***

Even though these standards focus on and describe work functions, they are based on a number of accepted assumptions and values that underpin good practice in coaching, teaching and instructing. These have been articulated into a Code of Ethics, developed by Five Star Sports and it is incorporated in its entirety into this guide.

The purpose of this Code of Ethics is to establish and maintain standards for sports coaches and to inform and protect members of the public using their services.

Ethical standards comprise such values as integrity, responsibility, competence and confidentiality. Members of the Five Star Sports, in assenting to this Code, accept their responsibility to performers, colleagues, Five Star Sports, and to society. In pursuit of these principles, sports coaches subscribe to standards in the following areas:

1. 1 Issues of Responsibility
2. 2 Issues of Competence

This code of ethics is a framework within which to work. It is a series of guidelines rather than a set of instructions.

## **1 Issues of Responsibility**

Sports coaching is a deliberately undertaken responsibility, and sports coaches are responsible for the observation of the principles embodied in this Code of Ethics.

### **Humanity**

1.1 Coaches must respect the rights, dignity and worth of every human being and their ultimate right to self-determination. Specifically, coaches must treat everyone equally, within the context of their activity, regardless of sex, ethnic origin, religion or

### **Abuse of privilege**

1.20 The sports coach is privileged, on occasion, to have contact with participants and to travel and reside with participants in the course of coaching and competitive practise. A Coach must not attempt to exert undue influence over the participant in order to obtain personal benefit or reward.

### **Personal Standards**

21. 1.21 The sports coach must consistently display high personal standards and project a favourable image of their sport and of coaching - to participants, other coaches, officials, spectators, the media and the general public.
22. 1.22 Personal appearance is a matter of individual taste but the sports coach has an obligation to project an image of health, cleanliness, and functional efficiency.
23. 1.23 The sports coach should never smoke when coaching.

1.24. Coaches should not drink alcohol so soon before coaching that the smell will still be on their breath when working.

### **Safety**

25. 1.25 Sports coaches have a responsibility to ensure the safety of the participants with whom they work as far as possible within the limits of their control.
26. 1.26 All reasonable steps should be taken to establish a safe working environment.
27. 1.27 The work done and the manner in which it is done should be in keeping with regular and approved SSC practises within the sport.
28. 1.28 The activity being undertaken should be suitable for the age, experience and ability of the participants.
29. 1.29 The participants should have been systematically prepared for the activity being undertaken and made aware of their personal responsibilities in terms of safety.

## **2 Issues of Competence**

2.1 Sports coaches shall confine themselves to practise in those fields of sport in which they have of been trained/educated, and which are recognised by SSC to be valid. Valid areas of expertise are those directly concerned with coaching sport. Training and accumulation of knowledge and skills through both formal and informal practices includes the coach education courses and by independent coaching practice.

2.2 Sports coaches must be able to recognise and accept when to refer participants to other areas of experience at a level of competence acceptable for other agencies. It is their responsibility, as far as possible, to verify the competence and integrity of the person to whom they refer a participant.

2.3 Sports coaches should regularly seek ways of increasing their professional development and self- awareness, particularly with regard to new Five Star Sports courses.

2.4 Sports coaches should welcome evaluation of their work by colleagues and be able to account to participants, employers, the Five Star Sports and other Governing Bodies and colleagues for their actions.

2.5 Sports coaches have a responsibility to themselves and their participants to maintain their own effectiveness, resilience and abilities, and to know when their personal resources are so depleted as to make it necessary for them to seek help and/or to withdraw from coaching, whether temporally or permanently.