

CROSS COUNTRY YUKON Coaching Code of Conduct

Coaches play a critical role in an athlete's personal and athletic development. A coach must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches are role models for the sport and their athlete's behaviors and attitudes reflect this.

Coaches must:

1. Allow athletes' goals to take precedence over their own. Refer an athlete to other coaches or sport specialists when this will benefit the athlete.
2. Ensure the safety of the athletes with whom they work. Make sure that activities are suitable for the age, experience, ability and fitness level of the athletes and educate athletes in safe practices.
3. Respect each athlete's dignity. Treat everyone fairly, regardless of gender, place of origin, colour, sexual orientation, religion, political belief or economic status.
4. At no time become sexually involved with their athletes. This includes making requests for sexual favours or threat or reprisal for the rejection of such requests.
5. Never advocate or condone the use of drugs or other banned performance enhancing substances. Never provide under age athletes with alcohol.
6. Direct comments or criticism at the performance rather than the athlete. Provide feedback in a positive manner.
7. Consistently display high personal standards and project a favourable image of their sport and of coaching. For example, a coach should:
 - a. Treat other coaches, officials and opponents with respect at all times. Refrain from criticism of others involved in the sport and encourage athletes to do the same.
 - b. Ensure their athletes uphold both the rules of their sport and the spirit of such rules.
 - c. Abstain from the use of tobacco while in the presence of athletes. Discourage athletes from using tobacco.
 - d. Abstain from drinking alcohol when working with athletes. Do not encourage the use of alcohol in conjunction with athletic events or victory celebrations.
 - e. Refrain from the use of profane, insulting, harassing or offensive language in the conduct of his/her duties.

8. Cooperate with registered medical practitioners in the diagnosis, treatment and management of athletes' medical and psychological problems. The athletes' future health and well being is of primary importance. Remember that skiing is a life long activity when making decisions regarding an injured athlete's ability to continue training or racing.
9. Cooperate with a minor athlete's parents or legal guardians, involving them in decisions pertaining to their child's development.
10. Be aware of the academic pressures placed on student athletes. Construct training programs to allow academic success.

Coaches who have problems or concerns can discuss them with the head coach or the sport administrator, who can direct them to the appropriate advisor.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in this Coaching Code of Conduct

Signature:

Date:

Witness: