

## Code of Conduct for Youth Sport Coaches\*

Coaches have a significant impact on lives of our youth; therefore, coaches, whether compensated or working solely as volunteers, are responsible for executing coaching as a professional. Thus, coaches are expected to abide by the following code of conduct.

Coaches are expected to:

1. Place athletes' needs and interests before their own.
2. Teach fundamental technical and tactical skills for the sport in developmentally appropriate ways.
3. Provide opportunities for children to engage in at least 30 minutes of aerobic and/or muscle strengthening activities during each activity session.
4. Practice safe training and conditioning techniques as well as apply basic first aid principles for the prevention and treatment of injuries.
5. Understand and maintain the spirit of the rules for competitive events and exemplify ethical behaviors, like honesty, integrity, and fair play.
6. Foster athletes' personal, social, and emotional development through sport participation (e.g., initiative, confidence, responsibility, honesty, restraint, cooperative behavior, respect, empathy, self-control).
7. Do not tolerate the use of alcohol, tobacco and any illegal or recreational drug among athletes and during sporting events.
8. Provide a physically and emotionally safe environment for athletes that encourage respect and inclusiveness.
9. Provide a positive and supportive learning environment that encourages personal improvement, provides appropriate challenges, and is fun and enjoyable.
10. Serve as role models; as such, their actions must live up to their words.
11. Maintain a professional demeanor in their relationships with athletes, officials, colleagues, administrators and the community. Engage in appropriate self-control at all times.
12. Recognize the power and influence of their position with respect to athletes. Therefore, coaches are careful to avoid and refrain from exhibiting behaviors that could develop into interpersonal relationships, or even create the perception of intimacy – or the desire for intimacy – with athletes.
13. Refrain from direct physical contact with players (i.e., pats on the buttocks) that could be construed as sexual in nature.
14. Work toward the best interests of their athletes by understanding issues of confidentiality and avoiding situations that could create conflicts of interest or could exploit any athlete.

\* Adapted from National Association for Sport and Physical Education. (2001). Coaches code of conduct [Position statement]. Reston, VA: Author. Retrieved from <http://www.shapeamerica.org/advocacy/positionstatements/sports/loader.cfm?csModule=security/getfile&pageid=4628>