

COACHES' CODE OF ETHICS AND CONDUCT

Cheerleading Association (Singapore) SG-Coach Credentialing Program

The Coaches' Code of Ethics aims to:

- ❖ Provide an ethical framework that would guide coaches in determining appropriate behaviors
 - ❖ Raise the status of coaching as a vocation

Key Principles of the Coaches' Code of Ethics

- 1 Respect for Individuals
- 2 Responsible Coaching
- 3 Integrity in Actions

Principle 1: Respect for Individuals

The concept that each individual possesses an intrinsic value and worth is integral to the principle of Respect for individuals. The coach is called upon to act in a manner respectful of the dignity of individuals.

- 1 Treat and respect everyone equally, regardless of race, language, religion, culture, gender or physical ability.
- 2 Recognize that your athletes can contribute in providing positive feedback on training methods and how best performance during training and competition could be optimized. Be a good listener when occasions for such interaction arise.
- 3 Remember that there is a need for certain information to be kept confidential. Disclosure of such information should only be made with the consent of those who requested confidentiality.
- 4 Be sensitive to the feelings of your athletes when providing feedback on their training progress and performance during competition. Criticisms, if any, should not be directed at the athlete, instead it should be on your athlete's performance.

Principle 2: Responsible Coaching

The principle of Responsible Coaching requires that the coach be competent and that sufficient duty of care to the participants is being exercised such that the participants are not harmed. It encompasses the concept that risks to the participants are minimized and benefits to their holistic development are maximized.

- 1 Be responsible for periodically updating your coaching expertise through participation in courses, conferences and workshops and through information available in resource materials.
- 2 Prepare well-planned and sound training programs and execute them in a manner that would benefit all your athletes.
- 3 Recognize the limits of your knowledge and collaborate with other qualified practitioners. Where appropriate, refer your athletes to a more qualified coach or specialist.
- 4 Advise your injured athlete to seek further medical treatment and suggest an appropriate recovery plan whenever possible. When deciding on your injured athlete's ability to continue training or competing, do take into account his/her future health and general well-being.
- 5 Avoid sexual intimacy with your athlete. Any physical contact with your athletes should be only when absolutely necessary and during appropriate situations.



Principle 3: Integrity in Actions

The principle of Integrity in Actions challenges the coaches to act with uprightness, wholeness and coherence. Coaches are expected to be honest, principled and honorable.

- 1 Be honest and sincere when communicating with your athletes. Do not give false hopes to your athlete.
- 2 Inform a fellow coach if and when you are working with their athletes.
- 3 Abide by the rules of your sport and respect your opponents and those in positions of authority.
- 4 Adopt a professional attitude and maintain the highest standards of personal conduct. It should encompass your mannerism, dress and language.

The Code of Conduct for Coaches:

- ❖ Uphold the honour and dignity of the sport of Cheerleading.
- ❖ Coaches must lead a healthy sporting lifestyle for his athletes to follow
- ❖ Coaches must be exemplary in his behavior in order to demand the same from his players.
- ❖ Allow athletes to express themselves and not stress them out by being abusive.
- ❖ Be positive and always encourage the athletes
- ❖ Treat all players fairly and focus on the development of each athlete before team development.
- ❖ Coaches must be well -versed in planning, conducting and evaluating his training sessions.
- ❖ Never ridicule or yell at players for making a mistake or not winning.
- ❖ Be reasonable in demands on players' time, energy and enthusiasm.
- ❖ Remember that all players are deserving of equal attention and opportunities
- ❖ Not use bad language, harass players, officials, spectators or other coaches
- ❖ Display control, respect and professionalism to all involved with the sport including opponents, coaches, officials, administrators, parents, spectators, media and the public. Coaches will teach, encourage and expect athletes to do the same

Violation of Code of Ethics and Conduct:

Following a first infringement, coaches may be issued a warning, at the discretion of the association. Subsequent infringements will be dealt with debarment.

_____ (Signature)

Name:

Date:

