

COACHES CODE OF ETHICS



1. Ensure all participants are treated with respect. Be honest and consistent and ensure both verbal and written promises and commitments are honoured.
2. Always use training methods that are appropriate and beneficial to participants in the long term. Try to avoid those that could be harmful.
3. All participants should be treated fairly, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
4. Be aware of the rights of participants to consult with other coaches and advisers and cooperate fully with members of the Club committee.
5. All feedback to participants should be delivered in a sensitive manner to their needs and avoid overly negative feedback.
6. Actively discourage all performance enhancing drugs, the use of alcohol and tobacco and illegal substance.
7. Be mindful of participants confidentiality and respect that confidentiality at all times.
8. Abide by the Club Social Media Policy at all times.
9. Coaching relationships should not be exploited to further personal, political or business interests.
10. Act as a role model, promoting the positive aspects of calisthenics. Maintain the highest standards of personal conduct and project a favourable image of the sport of calisthenics and coaching at all times.
11. Respect other Coaches and always act in a courteous manner and in good faith.

CODE OF CONDUCT



The Narre Warren Calisthenics Club has adopted a Code of Conduct, please read this carefully. Should you have any queries, please seek out a committee member for clarification.

The purpose of the Code of Conduct is to provide guidelines to its Pupils, Parents, Administrators and Coaches.

The Code of Conduct has been described as a set of consistent guidelines for an acceptable standard of professional conduct.

The Code provides a base of expectations for Narre Warren Calisthenics Club Incorporated. It encourages commitment to ethical and professional behaviour and outlines principles in which we will follow.

NARRE WARREN CALISTHENICS CLUB INC. encourages parents to follow these points:

- **I will** encourage my child to do their best and respect the Coaches decisions.
- **I will** teach my child to respect the efforts of Team Members, Coaches, Administrators and opposing Team Members.
- **I will** give positive comments on my child's efforts and performance.
- **I will** not use inappropriate language or behaviour at any class or competition whilst in the presence of my child, Team Members, Parents, Coaches, Administrators or opposing Teams.
- **I will**, to the best of my ability, offer my services as an active participant in my child's membership at the Narre Warren Calisthenics Club Inc. when asked to by Coaches or Administrators.

Parents are actively encouraged and supported to access complaint mechanisms: Should you have a concern these are the steps:

- Discuss your concerns directly with your child's Coach.
- To enable this to occur, please make an appointment through your Team Manager at a mutually agreeable time to both you and the Coach.
- No discussions will take place during class.
- Your Coach is always ready to listen to your concerns and to the best of her ability will endeavour to resolve any concern in a mutually agreeable manner.

Please take the following information into consideration before taking your concern to the Coach.

- Remember that your child participates in Calisthenics for their enjoyment not yours.
- Your Coach is fully qualified to teach Calisthenics and holds accreditation from the VCCA and the Australian Calisthenics Federation Inc.

- Your Coach has also been doing Calisthenics for a considerable number of years.
- Your Coach is constantly attending Professional Development Seminars to enhance her coaching skills.
- Your Coach spends countless unpaid hours preparing music, developing choreography, attending seminars and classes so as to pass on her knowledge and experience to your child.
- Coaches' decisions will be made in the best interests of the Team and personal issues will not affect their decisions.

Narre Warren Calisthenics Club Inc. has a responsibility to provide a safe environment for its Pupils, Coaches and Administrators.

In the event of any injury the following practices will be followed:

1. All Coaches to hold a current Level 2 First Aid Certificate.
2. Narre Warren Calisthenics Club Inc. will provide a First Aid Kit which is easily accessible.
3. The Coach will assess the injury.
4. If the Parent is present, then responsibility and decisions will be made by the parent.
5. If the Parent/s is not present all efforts will be made to contact the Parent/s.
6. The Coach will act as guardian until the Parent/s arrive.
7. In an emergency situation and in the event that the Parent/s or Emergency Contact is not contactable, the Coach as guardian will:
 - [a] Call an ambulance
 - [b] Arrange for the child to be transported to a local surgery.

Alcohol /Drug guidelines for Narre Warren Calisthenics Club Inc.

No Pupil, Parent, Coach, Administrator or Members of the wider Calisthenics Community should consume alcohol/drugs during class, irresponsibly at competitions or at the annual concert or its surrounding vicinity.

Narre Warren Calisthenics Club Inc. supports the Australian Calisthenics Federation Inc. in its Anti-doping Policy as at 1st January 2009.

This Code of Conduct was developed in 2009 and revised in 2017.

NOTE: Members and Parents are advised that they should refer also to CVI Code of Conduct and Member Protection Policies via the CVI website.



Narre Warren Calisthenics Club

Make Friends for Life

HOW TO BE THE BEST COACH YOU CAN BE!

CLASS PROTOCOL

As coaches, we are always growing and developing. Regardless of how long we have been coaching, there are always new things to learn, ways to coach and skills to develop. This document outlines the expectations of a coach. As a coach at Narre Warren Calisthenics Club, you are expected to read this document and follow it to grow to be the best coach you can be for our members. As a coach at NWCC, you are responsible for developing your teams love of calisthenics, love for each other, and love for themselves. We want to grow confident, passionate, resilient, joyful humans through the words we speak, love we show and our actions as a coach, mentor and friend.

- Arrive at least 15 minutes before scheduled class time.
- Have all equipment set up to start on time.
- Talk to parents before or after scheduled class time. Building relationships with parents is super important, but make sure your teams don't miss class time because of this. If something needs to be discussed that will take time, call parents after class.
- If you need the space at the studio to run through your own work, this should be done before anyone gets to class or after it is finished. Most definitely not during your scheduled coaching class time.
- Eat before or after class, not during.
- Start class on time.
- Limit down time between items. Your team will get frustrated and bored and will cool down.
- Work your team for your full class time. There is always more to perfect. Routines should be run no less than twice. Extra time can be used on strength, flex or skills syllabus.
- Coaches and assistants should be active, at all times.
- You should wear appropriate clothing which allows you to demonstrate your work to your girls.
- You are expected to know all of your teams' work. If Co-Coaching, you should know the work of your co-coach too.
- LEGAL ISSUE – Do not leave the class without a qualified coach in the room. NO ONE is covered by insurance if a qualified coach is not in the room. (phone calls etc)
- Coach should be demonstrating work. You want your teams to follow your timing and technique. This is the best way for consistent timing and correct technique.
- Save social chats for before or after class.
- Be appropriate in the chats you have with assistants. Remember, many are still very young and shouldn't be hearing stories of your 'wild' weekend or your relationships.
- Be respectful of your team members and parents when talking with or around others. Never talk negatively, discuss shortfalls or personal information about team members with others.
- Remind your assistants that all discussions about team members are to be kept confidential and not repeated.
- You are employed as the coach. Make sure you are doing **majority** of the work.
- Remember that our members are paying you for your time. Make it worth their while so they want to keep coming back! Play your role in building our club!
- Ask for help. There is nothing wrong with asking for help. If you are finding something difficult, whether it be class management, choreography or your own mental health and well-being, reach out. We are a coaching TEAM and are here for you.

- MOST IMPORTANTLY – Love your team!! Get excited!! Make class fun and engaging!! They will always work harder if they love you! Your team's attitude and energy IS a direct reflection of yours!

HAPPY COACH = HAPPY TEAM!