



Coaches Code of Behaviour

The Triathlon Australia Coaches Code of Behaviour is a positive document for all coaches. It affirms a coach's support for the concepts of responsibility, trust, competence, respect, safety, honesty, professionalism, equity and sportsmanship. The Code also provides a reference point for clubs, parents, athletes, schools and employers to expect that a coach will demonstrate appropriate standards of behaviour.

Coaches Code of Behaviour

- I will treat each athlete as an individual and respect the rights, dignity and worth of all individuals within the context of my involvement in triathlon, by refraining from any discriminatory practices including, but not limited to, discrimination on the basis of race, religion, gender, ethnic background, special ability/disability or sexual orientation, preference or identity.
- I will abide by and teach the rules and regulations of triathlon and will act within the rules and spirit of the sport and promote fair play over winning at any cost.
- I will not tolerate abusive, bullying or threatening behaviour and ensure my decisions and actions contribute to a harassment-free environment*.
- I will be reasonable in the demands I make on the time commitments of the athletes in my care and place the safety and welfare of my athletes above all else.
- I will ensure that any physical contact with another person is appropriate to the situation and necessary for the individual's skill development.
- I will have due consideration for varying maturity and ability levels of my athletes when designing training schedules, training activities and involvement in competition.
- I will be aware of and support accepted injury and illness management strategies and follow the physician's guidelines regarding the return of injured or ill athletes to training and competition
- I will support opportunities for participation in all aspects of our sport and help each athlete to reach their potential whilst respecting the talent, developmental stage and goals of each athlete and encourage them with positive and constructive feedback.
- I will ensure that athletes are involved in a positive environment where skill-learning and development are priorities and not overshadowed by a desire to win and encourage and support opportunities for people to learn appropriate behaviours and skills.
- I will display and foster respect for all officials, athletes, coaches, administrators, parents and spectators.
- I will at all times display and teach appropriate sporting behaviour, ensuring that athletes understand and practice fair play.
- Where I am responsible for athletes in the 5-18 year old age group, I will aim to maximise participation, learning and enjoyment for all athletes regardless of ability.
- I will, wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- I will stress and monitor safety always.
- I will never advocate or condone the use of illicit drugs or other banned performance enhancing substances or methods and will display responsible behaviour in relation to alcohol and other drugs.
- I will obtain appropriate qualifications and keep up-to-date with sound principles of coaching, skill development and factors related to growth and development of my athletes.
- I will be honest and will not allow my qualifications or coaching experience to be misrepresented.

* Please refer to the Triathlon Australia Member Protection Policy or Play by the Rules for more information

Triathlon Australia would like to acknowledge the support and expertise of the Australian Sports Commission in developing this document.

Coaches should...

- be treated with respect and openness
- seek out self improvement and professional development opportunities
- provide a level of coaching appropriate to their level of accreditation [Scope of Practice]