



ENGLISH LACROSSE
CODE OF ETHICS AND CONDUCT

Sports coaching helps the development of individuals through improving their performance.

This is achieved by:

- identifying and meeting the needs of individuals
- improving performance through a progressive programme of safe, guided practice, measured performance and / or competition
- creating an environment in which individuals are motivated to maintain participation and improve performance
- Coaches should comply with the principles of good ethical practice listed below
- Coaches must respect the rights, dignity and worth of every person and treat everyone equally with the context of their sport
- Coaches must place the well-being and safety of the performer above the development of performance. They should follow all guidelines laid down by the sports governing body and hold appropriate insurance cover
- Coaches must develop an appropriate working relationship with performers (especially children), based on mutual trust and respect.
- Coaches must not exert undue influence to obtain personal benefit or reward
- Coaches must encourage and guide performers to accept responsibility for their own behaviour and performance
- Coaches should hold up to date and nationally recognised governing body coaching qualifications
- Coaches must ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the individual



- Coaches should at the outset, clarify with performers (and where appropriate their parents) exactly what is expected of them and what performers are entitled to expect from their coach. A contract may sometimes be appropriate
- Coaches should co-operate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the performer
- Coaches should always promote the positive aspects of their sport (e.g. fair play) and never condone rule violations or the use of prohibited substances
- Coaches must consistently display high standards of behaviour and appearance

The previous text is taken from the National Coaching Foundation's Code of Ethics and Conduct for Sports Coaches