

CALEDONIA NORDIC SKI CLUB

COACHING CODE OF CONDUCT

COACHES HAVE A RESPONSIBILITY TO:

- 1) Treat everyone fairly, regardless of gender, place of origin, colour, sexual orientation, religion, political belief or economic status.
- 2) Know the rules of the sport and regularly seek ways to obtain proper training and continue to upgrade coaching skills
- 3) Consistently display high personal standards and project a favourable image of their sport and of their coaching. The Caledonia Nordic Ski Club subscribes to the principal of teaching by example.
 - a) Refrain from public criticism of fellow coaches;
 - b) Abstain from the use of tobacco and alcohol products while in the presence of athletes and prohibit their use by athletes;
 - c) Refrain from the use of profane, insulting, harassing or otherwise offensive language and gestures in the conduct of coaching duties.
- 4) Be aware of the academic pressures placed on student athletes and conduct practices, activities, competitions and events in a manner to allow for academic success.

COACHES MUST:

- 1) Ensure the safety of the athletes with whom they work.
- 2) At no time become intimately and/or sexually involved with their athletes.
- 3) Respect an athlete's dignity: verbal or physical behaviours that constitute harassment or abuse are unacceptable.
- 4) Never advocate or condone the use of drugs or other banned performance enhancing substances.
- 5) Communicate any difficulty, concerns or parental complaints to the CNSC Coordinator or Board designated official immediately.
- 6) Monitor athletes while travelling to and from, as well as participating in out of town competitions, events or activities

COACHES ARE EXPECTED TO:

- 1) Attain a minimum NCCP Level II designation.
- 2) Train, develop and encourage assistant coaches who will serve as present and future resources to the CNSC. This would include a list of each assistant coach's duties at each event or race. These pre and post race delegated duties might include: waxing, starting duties, race course direction and familiarity, finish line encouragement and evaluation.
- 3) Collaborate effectively with assistant coaches, parents, skiers, fellow CNSC head coaches, club executive and regional coaches so that scheduling, training ideas, changing priorities in skier's lives and practice times can be taken into account in creating the most positive, skier supportive environment possible.
- 4) Initiate a strategy to encourage the recruitment of skiers (including jack rabbits) into all programs.
- 5) Design a yearly plan for all proposed out of town races, competitions, camps, trips and team building exercises. A parent or assistant coach, preferably on a revolving basis, would be expected to coordinate, plan and assist with the details of each trip.
- 6) Ensure that every single skier receives encouragement and physical and mental strategies to improve upon their previous best performance. This would be initiated by a coach – skier plan of seasonal goals of the skier. The head coach may delegate this function to an assistant coach with appropriate monitoring and feedback mechanisms.
- 7) Design and implement a dry land training schedule for each athlete.

I agree to abide by the Caledonia Nordic Ski Club's Coaching Code of Conduct.

(Name)

(Signature)

(Date)