



UK RS Tera Class Association

## Coaches good practice guide

### Handout for Instructors, Coaches and Volunteers – Good Practice Guide

This guide only covers the essential points of good practice when working with children and young people. You should also read the UK RS Tera Class Association Child Protection Policy and Procedures which are available for reference at all times.

Avoid spending any significant time working with children in isolation.  
Do not take children alone in a car, however short the journey.  
Do not take children to your home, as part of the UK RS Tera Class Association activity.  
When any of these are unavoidable, ensure that they only occur with the full knowledge and consent of someone in charge of the organisation or the child's parents.  
Design training programmes that are within the ability of the individual child.  
If a child is having difficulty with a wetsuit or buoyancy aid, ask them to ask a friend to help.  
If you do have to help a child, make sure you are in full view of others, preferably another adult.

#### **You should never:**

Engage in rough, physical or sexually provocative games.  
Allow or engage in inappropriate touching of any kind.  
Allow children to use inappropriate language, or use such language yourself, when with children.  
Make sexually suggestive comments to a child, even in fun.  
Fail to respond to an allegation made by a child.  
Never do things of a personal nature that children can do for themselves.

However, it may sometimes be necessary to do things of a personal nature for children, particularly if they are very young or disabled.

These tasks should only be carried out with the full understanding and consent of the child (where possible) and their parents/carers.

In an emergency situation which requires this type of help, parents should be fully informed.

In such situations it is important to ensure that any adult present is sensitive to the child and undertakes personal care tasks with the utmost discretion.

## **RYA Coach Code of Ethics and Conduct**

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

This is achieved by:

1. Identifying and meeting the needs of individuals.
2. Improving performance through a progressing programme of safe, guided practice, measured performance and/or competition.
3. 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.

1. All RYA Coaches working with sailors under the age of 18 must have read and understood the Child Protection Policy as detailed on the RYA website at [www.rya.org.uk](http://www.rya.org.uk). If you are unable to access the website please contact the Racing Department for a copy. Coaches working at UK RS Tera Class Association events must have read and understood the UK RS Tera Class Association Child Protection Policy as detailed on the UK RS Tera Class Association website - [www.sailrstera.org](http://www.sailrstera.org)
2. Coaches must respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport.
3. 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 sport's governing body and hold appropriate insurance cover.
4. Coaches must develop an appropriate working relationship with performers based on mutual trust and respect. Coaches must not exert undue influence to obtain personal benefit or reward. In particular, coaches must not use their position to establish or pursue a sexual or improper relationship with an athlete or someone close to them.
5. Coaches must encourage and guide performers to accept responsibility for their own behaviour and performance.
6. Coaches should hold up to date and nationally recognised governing body coaching qualifications.
7. Coaches must ensure that the activities they direct, or advocate, are appropriate for the age, maturity, experience and ability of the individual.
8. 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.
9. Coaches should co-operate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the performer.
10. 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.
11. Coaches must consistently display high standards of behaviour and appearance

Review date:	Reviewed by:
May 2020	Marcus Collingbourne
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