



### Coaching Principles and Code of Behaviour 2017

1. Abide by the rules, policies and procedures of Balance Brisbane
2. Coach to the best of your ability at all times
3. Be mindful, respectful and considerate of all gymnasts requirements
4. Behave and perform in a positive and motivating way
5. **Lead by example and be a positive role model**
6. Work and coach toward fair and reasonable results for each individual
7. Do not tolerate acts of aggression
8. Be familiar with all documentation pertaining to your particular area of coaching.
9. Actively seek further knowledge and skills by remaining an engaged ongoing learner
10. Provide feedback to participants in a manner sensitive to their needs. Avoid overly negative feedback.
11. Recognise participants' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, sports scientists, doctors, physiotherapists and Osteopaths).
12. Treat all participants fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
13. Encourage and facilitate participants' independence and responsibility for their own behaviour, performance, decisions and actions.
14. Involve participants in decisions that affect them.

15. Encourage gymnasts to respect one another and to expect respect for them as individuals regardless of their level of participation.
16. Ensure that the tasks and/or training set are suitable for age, experience, ability, and physical and psychological conditions of the participants.
17. Ensure any physical contact with participants is appropriate to the situation and necessary for the participant's skill development.
18. Be acutely aware of the power that you as a coach develop with your participants in the coaching relationship and avoid any sexual intimacy with them that could develop as a result.
19. Avoid situations with your participants that could be construed as compromising.
20. Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
21. Remember you are representative of Balance Brisbane at all times
22. Be happy and proud that you are a part of a great team
23. Report any breaches of any codes or policies
24. Engaging with parents is part of your responsibility on a daily basis, be positive and approachable
25. Balance Brisbane is a non smoking facility. Please do not smoke on the entire 133 Hyde Rd site.
26. Remember the FUN in gymnastics.