



## COACHES' RESPONSIBILITIES / CODE OF ETHICS

The swimmer/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of their athletes. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it.

### **Coaches will at all times:**

1. Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability and fitness level of athletes, including educating athletes as to their responsibilities in contributing to a safe environment
2. Prepare athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm athletes
3. Accept and promote athletes' personal goals and refer athletes to other coaches when appropriate
4. Encourage and facilitate athletes to be responsible for their own behaviour, performance and decisions
5. Give athletes the opportunity to discuss and contribute to proposed training and performance standards as appropriate. Provide athletes and the parents/guardians of athletes who are minors with the information necessary to be involved in the decisions that affect the athlete as appropriate
6. Refrain from intervening inappropriately in personal affairs that are outside the generally accepted jurisdiction of a synchronized swimming coach
7. Act in the best interest of the athlete's development as a whole person
8. Recognize the power inherent in the position of coach.
9. Do not make some participants more or less worthy as a person than others on the basis of body type, gender, race, place of origin, athletic potential, color, sexual orientation, religion, political beliefs, socio-economic status, marital status, age or any other conditions.

10. Have a responsibility to respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy); informed participation and fair and reasonable treatment. Coaches have a special responsibility to respect and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights.
11. Interact with others in a manner that enables all participants in sport to maintain their dignity.
12. Build mutual support among fellow coaches, officials, athletes and their family members.