

## Southwark Tigers code of conducts and ethics for coaches



Southwark Tigers Rugby Club is committed to the values of **teamwork, respect, enjoyment, discipline** and **sportsmanship**.

The Coaches' Code of Conduct and Ethics provides expectations for conduct and behaviour, which apply to all people involved in coaching for Southwark Rugby.

It also outlines a philosophy to which we believe all coaches should aspire.

- Respect the rights, dignity and worth of each and every person. Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, developmental stage and goals of each athlete in order to help him or her reach their full potential.
- Place the well-being and safety of each player above all other considerations, including the development of performance.
- Maintain high standards of integrity. Operate within the rules of rugby and in the spirit of fair play, while encouraging your athletes to do the same.  
**Be a role model for our young community.**
- Display high standards in your language, manner, punctuality, preparation and delivery. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport - this includes opponents, coaches, officials, parents and spectators.
- Encourage and guide players to accept responsibility for their own behaviour and performance.
- Ensure that activities and equipment are appropriate for the age, experience and ability of players. Provide athletes with planned and structured training programmes appropriate to their needs and goals. Seek advice and assistance from when additional expertise is required.

- Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.
- Keep winning and losing in perspective - encourage players to behave with dignity in all circumstances.
- Ensure equipment and facilities meet safety standards. Do not leave unattended items, bags or sport equipment at the end of the session. Look after the equipment (balls, cones, tackle bags, bibs, tags). Everything must go back to the container.
- Provide a safe environment for training and competition. Adopt appropriate risk management strategies to ensure that the training and/or competition environment is safe.
- Recognise that it is illegal for players under 18 to drink alcohol and those under 16 to smoke. Coaches should actively discourage both.
- Develop an awareness of nutrition as part of an overall education in lifestyle management.
- **Southwark Tigers coaches are expected to adhere to the Tigers' style of play throughout all age groups.**
- **Coaches are encouraged to follow the club's style of play while preparing and delivering a session.**
- Show concern and caution toward sick and injured athletes. Allow further participation in training and competition only when appropriate.
- Seek continual improvement through on-going coach education, and other personal and professional development opportunities.
- Never tolerate inappropriate behaviour from players, parents, spectators or anyone acting on behalf of the Club.
- Adhere to the policies of the Club.

Any coach in breach of the Code of Conduct may be subject to disciplinary action.