



## CODES OF BEHAVIOUR POLICY

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Sport has a very special place in our society. We are proud of our sporting tradition and look up to our sporting champions from whatever field. Winning of course is a vital part of that tradition - but not as important as the *spirit* in which the majority of those sporting heroes have played their sport. That spirit stems from our commitment to fair play. The Oceania Athletics Association Codes of Behaviour produced below is based on the *Australian Sports Commission's* Code for use by organisations conducting sporting programs.

### PARENTS, ADMINISTRATORS, OFFICIALS & SPECTATORS

- If athletes are interested, encourage them to participate. However if your athlete is not willing, do not force him or her.
- Focus upon your athlete's efforts and performance rather than the overall outcome of the event. This assists your athlete in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach your athlete that honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
- Encourage your athlete to always participate according to the rules.
- Never ridicule or yell at your athlete for making a mistake or losing a competition
- Remember athletes are involved in organised sports for their enjoyment not yours.
- Remember that athletes learn best by example and; applaud good performances by all athletes.
- If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgment and honesty in public. Remember, most officials give their time and effort for your athlete's involvement.
- Support all efforts to remove verbal and physical abuse from athletes' sporting activities.
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your athlete.

## COACHES

- Be reasonable in your demands on the young athletes' time, energy and enthusiasm. Remember that they have other interests.
- Teach your athletes that rules of the sport are mutual agreements, which no one should evade or break.
- When coaching group athletes according to age, height skill and physical maturity whenever possible.
- Avoid over-attention to the talented athletes. The "just-average" athletes need and deserve equal time.
- Remember that athletes compete for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the athletes for making mistakes or losing in a competition.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- The scheduling and length of coaching practice times at competitions should take into consideration the maturity level of the athletes.
- Develop each athletes respect for the ability of opponents, as well as for the judgment of officials and opposing athletes.
- Follow the advice of a sports medicine physician when determining when an injured athlete is ready to compete or practice again.
- Remember that athletes need a coach they can respect. Be generous with your praise when it is deserved, and set a good example.
- Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of athletes.

## **ATHLETES**

- Compete and train for the "fun of it", not just to please your parents or coach.
- Play by the rules.
- Never argue with the officials' decision. Let your Centre Manager or Coach ask any necessary questions.
- Control your temper - no "mouthing off", breaking equipment throwing implements, or other equipment.
- Work equally for yourself and your team in relay and heats events, your team's performance will benefit and so will your own.
- Be a good sport. Cheer all good performances, whether you are team mates or your opponents.
- Treat all athletes, as you would like to be treated. Don't interfere with, bully or take unfair advantage of any athlete.
- Remember that the goal of training or competition is to have fun, improve your skills and feel good.
- Co-operate with your coach, team mates and opponents, for without them you don't have a competition.