

Common Core Lecture 1

Level 2

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Common Core Lecture 1

Level 2

- Ethical Coaching Responsibilities
- Safety in Coaching



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Level 2 Coach Responsibilities

- Level 2 coach qualified to prepare for, deliver and review coaching sessions under the direction of a more qualified coach
- The relevant skills will be covered in this course
- You should NOT coach skills above your level
- The Level 2 coach may NOT assume responsibility for a club



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Ethical Coaching Responsibilities

- Coaches have a moral and legal responsibility for the participants they are coaching
- The coach should have a knowledge of and adhere to guidelines that protect the participants
- They are as follows

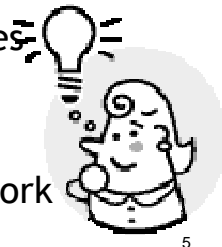


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Ethical Coaching Responsibilities

Duty of care

- Commences from the point of receipt of the child to the point of return to guardian
- Safety and well-being of gymnast highest priority
- Provision of a safe environment at ALL times
- Act as loco parentis
- Exercising reasonable care at ALL times
- Compliance with the child protection and welfare policy and procedures
- Compliance to Health and Safety at Work

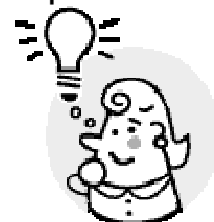


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Ethical Coaching Responsibilities

Health, Safety & Welfare of Participants

- Adhere to Child Protection Policy
- Ensure an open and accessible environment at ALL times
- Facility should allow children's parents to view them training
- A closed environment may lead to suspicions or allegations of poor practice



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Ethical Coaching Responsibilities

Safeguarding Children

- Children's Act introduced to protect children under 18 years of age
- BG requires that all coaches attend a Child Protection Module
- All BG coaches should complete a CRB
- Coaches should familiarise themselves with the following documents
 - Child Protection Policy
 - Feeling Good, Feeling Safe
- Download from www.british-gymnastics.org



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Ethical Coaching Responsibilities

Good Practice Guidelines

- Minimum of 2 adults, one qualified at each session - in case of accident, reduce allegations
- Avoid over handling - caution
- Do not shout, taunt, bully or use constant criticism
- Use training plans and structured goals
- Never physically handle or slap gymnasts



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Ethical Coaching Responsibilities

Creating Appropriate and Positive Relationships - COACH / PARTICIPANT

- Relationship based on mutual trust and respect
- It is an offence to form an inappropriate relationship with someone in your charge - even if the relationship is consensual
- Communication outside the gym with your gymnasts should be via parents or guardians
- Coaches are advised to refrain from contacting their gymnasts via mobile or email, since these may be open to abuse allegations

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Ethical Coaching Responsibilities

Equality

- Treat people equally
- BG Equality Policy :



‘All participants must be treated fairly, regardless of gender, age, ethnic or national origin, religion, parental or marital status, or socio-economical background or disability’

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Ethical Coaching Responsibilities

Disability Discrimination Act

- Introduced 1995
- Unlawful for any discrimination on the grounds of a persons disability
- Coaching Disabilities optional module



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Ethical Coaching Responsibilities

Confidentiality

- Duty of confidentiality towards the people you coach
- Confidential information should not be disclosed without consent from the person involved
- Disclosure can be made without consent
 - Where disclosure is required by law
 - Where disclosure is directed by the court
 - Where disclosure is justified ' in the public interest'
 - Child protection cases

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Ethical Coaching Responsibilities

Not exceeding levels of competence or qualification content

- Essential for the safety of participants that ALL coaches are qualified and competent at the level at which they teach
- Coaches must NOT exceed their level of competence or qualification unless they have attended a course - and are under supervision of a mentor coach
- To do so otherwise may INVALIDATE insurance policies and place participants at risk

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Ethical Coaching Responsibilities

Leading by Example Through Good Personal Behaviour

- Coaches Code of Conduct
- Punctuality
- Appropriate dress
- Not smoking
- Not consuming alcohol in presence of young children
- Appropriate language



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Ethical Coaching Responsibilities

Self Evaluation

- Consistency of coaching methods
- Coaching philosophy
- Style of coaching
- Flexibility in the setting of long and short term goals
- Identifying strengths and weaknesses
- Willingness to seek help and advice

Self reflection is a very important part of coach development

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Personal Philosophy



- Aims
- Reasons for coaching
- Commitment
- Beliefs
- Discuss with other coaches
- Reflect on Philosophy
- Resist the temptation to exploit the gymnast's talent for own glory

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Safety in Coaching

Equipment

- ALWAYS supervise handling
- Clear instructions & demonstrations
- Check for damage
- Correctly erected & adjusted
- Sufficient space
- Adequate matting, no gaps
- Check environment frequently
- Supervise dismantling
- Securely stored



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Safety in Coaching

Personal Clothing and Equipment

- Clothing - coaches & gymnasts
- Footwear - coaches & gymnasts
- Jewellery - BG no tolerance policy
- Hair - coaches & gymnasts
- Finger nails - coaches & gymnasts
- Other equipment - hand guards etc

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Safety in Coaching

- A safe and successful learning environment can be achieved by diligently adopting the following guidelines when teaching gymnastic skills or activities



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Safety in Coaching

- Physical Preparation
 - General & Specific
 - Prior to teaching skills
 - Early stages of learning 70% Physical prep / 30% technical aspects
- Mental Preparation
 - Live demonstration
 - Visual image & key points
- Pre-requisite Skills
 - Basic core skills
 - Progressive skill learning

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Safety in Coaching

The Use of Progressive, Appropriate Skill Progression

- Progressive Skill Learning
 - Core Skills: correct & consistent
 - Combinations & sequences
 - Consolidation & attention to detail at every stage
- Progressive Stages
 - Fully assisted \rightleftarrows un aided
- Attention to detail in every aspect will serve to enhance the quality and ensure a solid foundation on which more advanced techniques may be based



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Safety in Coaching

The Use of Safe, Recommended Supporting and Teaching Methods

- Assist without hampering
- Point of greatest risk
- Need to travel or traverse
- Firm base or platform
- Do not overreach / overbalance
- Need for second spotter
- Recommended practices



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Safety in Coaching

Dealing with Accidents and Emergencies

- BG strongly recommends that all coaches should obtain the designated First Aider qualification
- A non-qualified first aider coach should carry out only emergency actions and seek immediate support from the trained first aider
- In the event of an accident the following steps should be taken



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Safety in Coaching

Dealing with Accidents and Emergencies

- Stop class - direct others away from accident
- Assess situation - send for trained assistance
- Do not move injured person
- Check for consciousness and breathing - if not send for emergency help and commence artificial respiration
- Keep injured person warm
- Only after serious injury ruled out, should you move injured person
- If in ANY doubt have them checked by trained and qualified first aider

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Safety in Coaching

Reporting Accidents

- Emergency procedures should be prominently displayed and adhered to by ALL concerned
- It is a requirement that all affiliated clubs keep an accident book
- Must conform to Data Protection Act
- Level 2 coach should report any accident to the coach in charge so they can take the appropriate action
- Requirement of BG insurers that all accidents which result in the injured person attending hospital are to be reported to the BG Insurance Department

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Questions



- **If a gymnast has fallen unconscious the first thing the coach should do is**
 1. Shake him/her to try and wake them
 2. Put them in the recovery position
 3. Check airway is clear, he/she is breathing and pulse
 4. Open an eye and check pupil responds to light
- **As soon as an accident procedure has been completed a coach should**
 1. Use the fact of the accident to re-enforce safety
 2. Check the contents of the first aid box
 3. Fully complete an Accident Form
 4. Check the club insurance policy

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Questions



- **It is a legal responsibility of the coach to**
 1. Ensure the parents sign a disclaimer form
 2. Act as 'loco-parentis'
 3. Tell the parents that they must be insured
 4. Take an injured gymnast to hospital
- **A prudent caring coach should**
 1. Check apparatus is safe before it is used
 2. Mend any broken apparatus at once
 3. Erect all apparatus themselves to ensure it is done properly
 4. Use only commercially manufactured apparatus

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Questions



- **To ensure a young gymnast is motivated to perform a coach should**
 1. Reward good performance with sweets, money etc
 2. Strongly criticise poor performance
 3. Praise good performance and effort
 4. Praise all performance even if unsatisfactory
- **To help ensure a safe training environment**
 1. Establish the rules of acceptable behaviour and make sure everyone understands them
 2. Exclude any gymnast who breaks club rules
 3. Discuss behaviour with gymnasts and agree list
 4. Allow gymnasts to be self disciplined

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Questions



- **A gymnast that has sustained a muscle injury or sprain should**
 1. 'Work through' the injury to stop it becoming a weakness
 2. Rest from training and treat the injury until it is fully recovered
 3. Rest and treat the injury but continue to attend training, and condition un injured muscles
 4. Use PR Spray put on strapping or support and continue training

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Questions



- **If you have a concern a child may be suffering abuse you should**
 1. Question child to see if there is any substance to suspicion
 2. Immediately report suspicions to police
 3. Make notes and consult senior coach
 4. Report suspicions to Social Services
- **When dealing with parents a coach should**
 1. Tell them you are the expert and not to be questioned
 2. Ban parents from the gym at all times
 3. Be approachable and listen to their concerns
 4. Ensure the parents know the rules of the gym and insist that their children follow them

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