

Common Core Lecture 1

Artistic Generic Level 1

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Lecturer / Examiner



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Common Core Lecture 1

- Ethical Coaching Responsibilities
- Safety in Coaching

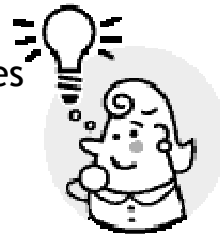


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Ethical Coaching Responsibilities

Duty of care

- Provision of a safe environment at ALL times
- Safe development of the individual through appropriate physical and psychological preparation and skill development
- Provision of suitable First Aid
- Exercising reasonable care at ALL times
- Compliance with the child protection and welfare policy and procedures

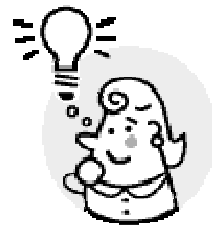


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Ethical Coaching Responsibilities

Health, Safety & Welfare of Participants

- Check for injury or illness
- Physically and mentally prepared through warm-up
- Check gymnasts attire, that jewellery has been removed and hair tied back
- Provide a safe environment at ALL times, ensuring apparatus and matting are adequate
- Develop physical preparation before teaching skills
- Structured, progressive skills

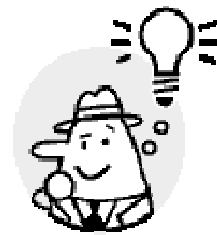


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Ethical Coaching Responsibilities

Health, Safety & Welfare of Participants

- Cool down session
- Evaluate session: feedback - praise
- Outline next session - time, place and aims
- Supervise dispersal to ensure the participants safety



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Ethical Coaching Responsibilities

Safeguarding Children

- Children's Act introduced to protect children under 18 years of age
- 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

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

Creating Appropriate and Positive Relationships - COACH / PARTICIPANT

- Relationship based on mutual trust and respect
- Participants encouraged to accept responsibility for their behaviour and performance
- Coach should strive to develop self-sufficiency and independence
- Coach responsible for setting boundaries e.g. ensure friendly actions not misinterpreted by performer or on lookers
- Physical handling / supporting - beware!!

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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

Leading by Example Through Good Personal Behaviour

- 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
- Style of coaching
- Flexibility in the setting of long and short term goals
- Willingness to seek help and advice

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Safety in Coaching

Providing a Safe Environment at ALL Times

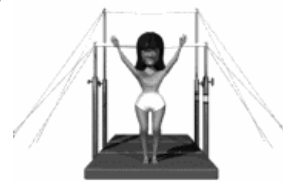
- Heating and lighting
- Equipment
- Attire participants / coaches
- First Aid provision
- Jewellery - no tolerance
- Clear and adequate instructions prior to any activity

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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

Reporting Concerns Regarding Equipment

- It is the duty of the Assistant Coach to report any concerns about the safety of the apparatus to the Senior Club Coach



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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

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

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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Safety in Coaching



Reporting Accidents, injuries and incidents to a more Senior Coach or Welfare officer

- Affiliated clubs required to have an accident book - must be completed in the event of an accident
- Duty of Assistant Coach to inform the Senior Coach or Welfare Officer of any accident, injury or incident to enable appropriate action to be taken

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Safety in Coaching

Encouraging Behaviour and Practice that supports safe and effective development of participants

- Coach should provide a safe learning environment at ALL times
- Safeguard participants and provide encouragement through the reduction of any risk
- A safe and successful learning environment can be achieved by adopting the following guidelines when teaching skills :

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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

Assisting more qualified staff in dealing with accidents and emergencies

- Emergency procedures should be prominently displayed and adhered to by ALL concerned
- In the event of an accident or emergency, the Assistant Coach should be ready to assist in the most appropriate manner



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