

Common Core Lecture 1

Level 3

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Lecturer / Examiner



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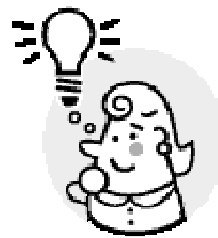
- Ethical Coaching Responsibilities
- Safety in Coaching



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Duty Of Care

- 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 must pay due regard to the age, stage of maturation, ability and state of readiness to participate of each gymnast



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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
- Clear and adequate instructions are given prior to permitting a performance
- Coaching methods and procedure are continually assessed for the safety of both the performer and coach

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Ethical Coaching Responsibilities

Duty of care

- Only competent persons are permitted to supervise or coach an activity or element
- Clothing should be suitable
- Wearing jewellery is prohibited when participating in a training session or event
- Health status of each performer to be known prior to participation
- Medical advice to be sought in case of injury and only immediate first aid to be administered

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Ethical Coaching Responsibilities

Duty of care

- An accurate record to be kept of injuries or incidents and ensuing actions
- Medical approval to be sought following serious injury before permitting a performer to recommence training
- Coach to be immediately accessible and NEVER leave the gym whilst a session is in progress
- A well publicised safety procedure and first aid policy MUST be implemented and adhered to
- BG guidelines for safeguarding participants should be adhered to

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Ethical Coaching Responsibilities



The BG Equity Policy is based on the following fundamental principles

- Respect rights, dignity and worth of every human being and their right to self determination
- All staff and volunteers are entitled to be treated fairly regardless of gender, sexual orientation, age parental or marital status, disability, religion, race, ethnic origin or social/economic background
- Equality must permeate throughout the strategic and developmental plans
- ALL participants should have equal opportunities of access to services

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Ethical Coaching Responsibilities

- Positive action may sometimes be required to address past inequalities or under representation
- It is EVERY ONES responsibility to ensure that NO form of discrimination is tolerated
- Any individual who believes they have been unfavourably treated within the scope of the policy should raise their concerns inline with the BG complaints procedure
- No individual who raises a concern should be treated unfairly

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Ethical Coaching Responsibilities

- INEQUALITY must be avoided
- When selecting, recruiting and training participants
- In the structure and content of all syllabi, examinations, regulations and assessment procedures
- During coach education procedures
- In the preparation and distribution of all publications
- When dealing with candidates with special needs disabilities

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Ethical Coaching Responsibilities

Moral Framework of Coaching

- In addition to the Equity Policy, coaches must comply with the principles set out below which have been extracted from the Sports Coach UK guidelines for “The Responsible Coach”
- Coaches must place the well being and safety of the performer above the development of performance
- Coaches should follow all guidelines laid down by BG, and have appropriate insurance cover



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Ethical Coaching Responsibilities



Moral Framework of Coaching

- Coaches should develop APPROPRIATE working relationships (especially with children)
- Coaches must not exert undue influence to obtain personal reward
- Coaches should recognise the right for self-determination of the gymnast
- Coaches must encourage and guide performers to accept responsibility for their own behaviour and performance
- Coaches should hold up to date and nationally recognised qualifications

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Ethical Coaching Responsibilities



Moral Framework of Coaching

- Coaches must ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the individual
- Coaches should clarify with performers what is expected from them
- Coaches should co-operate fully with other specialists
- Coaches should always promote the positive aspects of their sport
- Coaches should never condone rule breaking or using prohibited substances

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Ethical Coaching Responsibilities

Moral Framework of Coaching

- Finally, coaches must consistently display high standards of behaviour and appearance



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Ethical Coaching Responsibilities

Coaching Code of Ethics

- BG has adopted the Sports Coach UK “Code of Ethics and Conduct”
- It is recommended ALL coaches obtain and become fully conversant with this document

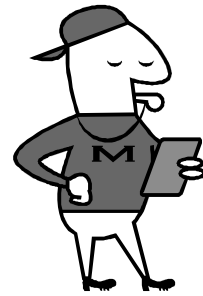


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Ethical Coaching Responsibilities

Coaching Code of Ethics : Issues of Responsibility

- Humanity
- Relationships
 - Responsibility
 - Boundaries
 - Mutual trust and respect
- Commitment
- Co-operation
- Advertising



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Ethical Coaching Responsibilities

- Integrity : Coaches MUST
 - Refrain from criticising a fellow coach or Governing Body
 - Accept responsibility for the conduct of their performers
 - Treat opponents and official with respect
- Coaches MUST NOT
 - Contravene rules to gain unfair advantage
 - Encourage performers to violate the rules of the sport

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Ethical Coaching Responsibilities

Coaching Code of Ethics : Issues of Responsibility

- Confidentiality
- Abuse of privilege
- Personal standards
- Safety
- Issues of competence



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Ethical Coaching Responsibilities

Coaching Code of Ethics : Code of Conduct

- The coach **MUST** abide by the principals embodied in the Code of Ethics
- The following list indicates the type of incidents which may be considered breaches
- Misrepresentation
- Commitment

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Ethical Coaching Responsibilities

Coaching Code of Ethics : Code of Conduct

- Confidentiality
- Criminal conviction
- Disciplinary procedures by an employer
- Personal misconduct



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Coaching Philosophies



- | | |
|------------------------------|--|
| ■ Aims | ■ Self evaluation |
| ■ Reasons for coaching | ■ Resist the temptation to exploit the gymnasts talent for own glory |
| ■ Commitment | |
| ■ Beliefs | |
| ■ Discuss with other coaches | |

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Ethical Coaching Responsibilities

Philosophies : 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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Ethical Coaching Responsibilities

Legal Responsibilities

- Coach must accept FULL 'in loco parentis' responsibility and must conform to the following
 - To act as a responsible and caring parent would act
 - Ensure the health and safety of each participant
 - Competence
 - Prudent and professional manner

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Ethical Coaching Responsibilities

References

- BG Child Protection Policy
- Sports Coach UK: “Fair Play for Children”
- Central Council for Physical Recreation (CCPR) “Fair Play Charter”
- BG Health, Safety and Welfare Policy

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Ethical Coaching Responsibilities

Disability Discrimination Act

- Introduced 1995
- Unlawful for any discrimination on the grounds of a persons disability
- Coach not required to have specialist qualification to coach disabilities, only if offering specific sessions
- Coaching Disabilities optional module



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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 - Club Policy and Procedures

- GymMark
- Welfare Officer
- Complaints procedure



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Ethical Coaching Responsibilities

Good Practice Guidelines

- Always be publicly open when working with children
- Ensure a minimum three persons at all training sessions
- Care should be taken with manual support
- Parents should be responsible for young children in the dressing rooms or toilets
- Mixed teams need to be accompanied by a male and female member of staff
- Do not spend time alone with children, away from others
- Avoid car journeys with a single child
- Never take children to your home

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Ethical Coaching Responsibilities

Good Practice Guidelines

YOU SHOULD NEVER

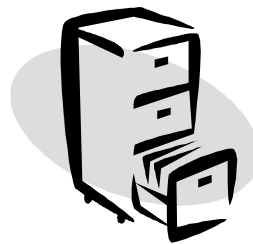
- Engage in rough, physical or sexually provocative games
- Share a room with a child
- Allow or engage in any inappropriate touching
- Make sexually suggestive remarks
- Allow inappropriate language
- Allow allegations to go unchallenged or unrecorded
- Do things of a personal nature for a child
- Depart the premises until you have supervised safe dispersal

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Ethical Coaching Responsibilities

Confidentiality

- Club holds personal information on its members and will be governed by the Data Protection Act
- Data must be securely stored
- Coaches **MUST** maintain confidentiality in ALL sensitive matters



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Ethical Coaching Responsibilities

Insurance

- BG insurance includes
- Civil Liability Insurance
- Personal Accident Insurance

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Parental Permission Forms

- Provide Consent to
- Participate
- Apply emergency medical care
- Take photographs / video during training
- Acknowledge inherent risk of the activity
- They DO NOT give licence to be negligent
- An adult cannot sign away their rights of a minor



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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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Safety in Coaching

Provision and Maintenance of a Gymnastics Facility

Facility

- Owners responsibility
- Coach should report any faults in
 - Access
 - Fixtures and fittings
 - Lighting heating
 - Changing rooms / showers
 - Toilets

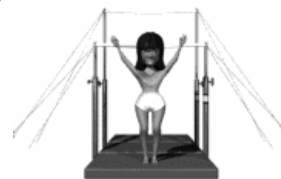


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Safety in Coaching

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

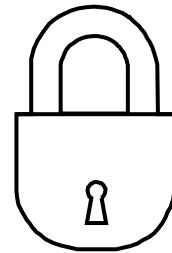


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Safety in Coaching

Security

- Do public have access?
- Do participants share changing rooms, toilets etc?
- Made aware of risks
- Staff must be diligent
- Risks minimized



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Safety in Coaching



Procedures for dealing with:

- Serious injury
- Outbreak of fire
- Electrical failure
- Bomb scare

Coach Should:

- Be aware of standard procedures
- Inform participants of procedures
- Conduct simulated emergencies
- Know location of nearest phone

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Safety in Coaching

Facility should have:

- Access to telephone
- Qualified first aid person
- A stocked first aid kit
- An accident record and report book - to always be completed after an accident
- Evacuation procedure



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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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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

Poorly Children

- Sit out
- Keep warm and supervise
- Call parent

Injuries to skin

- Clean with water
- Cover with clean dressing
- Check for allergies to plasters
- Pressure to stop bleeding
- Elevation
- Protective gloves - blood



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Safety in Coaching

Nose Bleed

- Sit head forward to allow blood to drain away
- Breath through mouth, and pinch nose just below bridge
- Tell casualty not to speak, swallow, cough, spit or sniff
- Provide clean tissue
- Release pressure after 10 mins
- If bleeding persists send to hospital



Bangs and Knocks

- Apply ice (not directly)
- Any head injury seek medical attention

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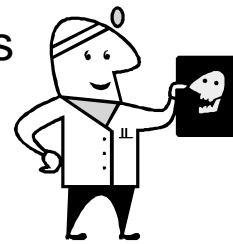
Safety in Coaching

Cramps / Winded

- Reassurance - calm
- Sit upright
- Breath slowly – in through nose out through mouth

Soft Tissue – sprains or strains

- Rest
- Ice
- Compression
- Elevation



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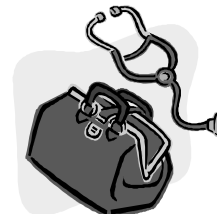
Safety in Coaching

Suspected Serious Injury

- Seek medical help immediately – 112
- Ice may be appropriate
- See Club Policy on dealing with serious injury

Shock

- Keep causality calm
- Reassure
- Try to avoid them looking at a serious injury



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Safety in Coaching

Dealing with breathing difficulties

Hyperventilation

- Under stressful situations

Asthma

- Difficulty breathing out
- Wheezing noise

Action

- Rest few minutes - supervised
- If not settled allow known asthma sufferer to use Blue inhaler
- If difficulties continue seek medical assistance

Regulations

- Competition rules permit the blue and the brown inhalers
- Check with controlled list

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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



- 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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Safety in Coaching

Returning to Training After Injury

- Check gymnast is suitably rehabilitated
- Check on any specific limitations or exercises
- Ensure full Range of Motion
- Then develop strength



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Safety in Coaching

Safety and well-being of participants

- Check for injury or illness
- Physically and mentally prepared through warm-up
- Develop physical preparation before teaching skills
- Structured, progressive skills
- Cool down session
- Evaluate session: feedback
- Outline next session
- Supervise dispersal



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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

AVOIDING OVERUSE INJURY

Many repetitions may cause:

Tenosynovitis, tendonitis, Osgood Schlatters disease
& other growth plate injuries

Avoid Injury by:

- Careful planning of sessions:
- Avoid excessively long sessions
- Progressive load demands
- Good physical preparation
- Flexibility, strength, endurance
- Good technique, attention to detail
- Be sensitive to symptoms of pain



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