

- CODE OF ETHICS -

Definition of coaching: Coaching is the act of teaching the skills, rules and tactics involved in a particular sport to its players

WHAT MAKES A GOOD FIGURE SKATING COACH:

A coach must have an in-depth understanding of this sport, from the fundamental skills to advanced tactics and strategies. A coach must understand the rules and be familiar with any changes.

A good coach always seeks out new information and continues to learn about new training techniques through coach education.

A good coach is a motivator - someone who is able to lay out a plan to help skaters achieve goals. This includes keeping practices fun and challenging. It includes helping the skaters believe in themselves, while maintaining a supportive environment.

A good coach instills discipline in their skaters, with rules of conduct for skaters to follow both on and off the ice.

A good coach leads by example and follows the rules he/she sets out for his/her skaters, and is a model of integrity, dignity and honesty.

A good coach is able to communicate effectively with skaters, providing clear instructions and feedback, and is able to reframe instructions if skaters don't understand them, using language that is respectful to the skaters.

A good coach is a good listener - someone who hears skaters' concerns, listens to skaters' ideas and is able to summarize and "mirror back" what skaters have said for maximum clarity and understanding.

A good coach is committed to his/her profession and is coaching because he/she loves it. He/she looks out for the best interests of every skater.

SAFSA CODE OF ETHICS -

A COACHES GENERAL RESPONSIBILITIES

- members shall at all times show respect to fellow coaches.
- members may NOT solicit pupils from another coach, directly or indirectly, or through third parties.
- prior to acquiring a new client that has been previously taught by another coach, a coach must determine that all outstanding fees that are due to the previous coach are paid up in full.
- a member shall dress neatly in a clean and appropriate manner.
- members shall be mindful of the influence they exercise over their pupils and under all circumstances this trust should never be abused.
- all members shall recognise that they shall act in a manner which avoids verbal or physical abuse of any skater, other coach, parent or official.
- Coaches shall only wear National or Protea colours while coaching as long as the colours are their own personal achievements and they are coaching in them in the discipline for which they were received.

A COACHES RESPONSIBILITIES TO THEIR CLIENTS:

Members shall be required.....

- to exercise the greatest care and discretion in their relationships with their clients.
- to provide the skater and their parent(s) with the basic information necessary to enable them to choose a realistic and affordable course of action to achieve their goals and objectives.
- to ensure that the best interests of the skater are taken into consideration.
- to ensure regular communication providing relevant information affecting the skaters participation in the sport.
- to promote a positive learning environment.
- to respect all skaters regardless of their racial or religious practices.
- to provide up-to-date information to their skaters as per ISU regulations. The ISU website, www.isu.org, provides ALL information.