



Code of practice for coaches/instructors

Coaches/instructors have an effect on their players/athletes physical, mental and emotional development. This influence is apparent in the way their players conduct themselves.

The coach's example is powerful, for better or worse. If they insist on fair play, concentrate on their players enjoyment of the game and long term overall development, and support the referees and judges - rather than allow or encourage players to break the rules, are overly concerned with results, and harshly criticise the referees and officials - it is in the best long term interests of their players, their own development as a coach, and the sport as a whole.

The overarching principle is that Taekwondo training and competition should be a positive, fair, healthy and enjoyable experience for all involved.

Principle 1

The Coach/Instructor should meet a minimum standard of competency, maintain an up to date knowledge of current practice, and strive towards their own development.

Areas in which they can develop their competency include;

- Injury prevention, care and management
- Risk management
- Growth, development and learning
- Training, conditioning and nutrition
- Social/psychological aspects of coaching
- Skills, tactics and strategies
- Teaching and administration
- Professional preparation

Principle 2

Coaches/instructors are responsible to ensure that the health, well-being and development of players takes precedence over the win/loss record. This includes;

- Coaches are committed to the safety and well-being of each player and promote healthy lifestyles by their actions
- Actively discourage the use of performance enhancing drugs, unhealthy recreational drugs such as tobacco and alcohol, and illegal drugs.
- Promote healthy eating behaviours and safe weight loss or gain
- Demonstrate an understanding of the growth and developmental stages of their players
- Recognise the players right to consult with other advisors. Cooperate fully with other specialists (e.g. sports scientists, doctors and physiotherapists).

Principle 3

Coaches/instructors provide a physically and emotionally safe environment for training and competition. This includes;

- Follow current safe training and conditioning techniques
- Exhibit sound injury and risk management practices
- Do not tolerate acts of aggression
- Ensure that the tasks and/or training set is suitable for age, experience, ability and physical and psychological conditions of the player

- Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overtly negative feedback.
- Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
- Encourage and facilitate players independence and responsibility for their own behaviour, performance, decisions and actions
- Involve the players in decisions that affect them
- Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play
- Take responsibility for the sportsmanship of their players. If one of their players is disrespectful, irresponsible or overly aggressive, removing them from the situation at least long enough for him/her to calm down.
- Ensure any physical contact with players is appropriate to the situation and necessary for the players skill development
- Avoid situations with their players that could be construed as compromising
- Be aware of the power that you as a coach develop with your players in the coaching relationship and avoid any sexual intimacy with players that could develop as a result

Principle 4

Coaches/instructors should endeavour to execute their role in a professional manner. This includes;

- Placing the players needs and interest before their own
- Exemplify honesty, integrity, fair play, and sportsmanship regardless of the impact that might have upon the outcome of the competition
- Being professional in their relationships with players, officials, colleagues, administrators and the public and treat them with respect and dignity.
- Coaches accept that they are role models and there must be congruency between their actions and words.
- Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules
- Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and spirit of the rules.
- Maintain confidentiality when appropriate and avoid situations that would potentially create a conflict of interest or exploit the player.
- Refrain from any inappropriate behaviour, activities or practices that compromise the trust and wellbeing of the players
- Operate within the rules and spirit of Taekwondo
- Be responsible and accountable for your conduct.

Coaches relationship with officials

A TNZ goal is to train and certify officials, as without referees and judges there will be no events for players to compete at. Coaches can play an important role in helping them to develop and learn by letting them concentrate on the game, encouraging them and by accepting their inevitable, occasional mistakes. On the other hand, coaches can discourage and demoralise them by criticizing their decisions, by verbally abusing them, and by accepting or inciting their players overly aggressive behaviour. This negative behaviour will not be tolerated by Taekwondo New Zealand at their events, or at events held by member organisations, and may lead to expulsion of the coach and/or their player from the event, or by other disciplinary action.

If a coach has an issue with the refereeing, or think the referee was unfair, biased, unfit or incompetent, there is a process for lodging a protest. Their reactions will be taken seriously if they are presented objectively and formally.