



RSU5CP Coaches' Code of Conduct

The function of a coach is to educate and facilitate development for young athletes through participation in sporting competition. Programming created by a coach should be designed to enhance the children's experience, and should never interfere with opportunities for group or personal success. Each participant should at all times be treated with respect, and their welfare considered in any decision made by the coach. As such, all coaches, volunteers, and chaperones are expected to follow these guidelines when participating in or instructing RSU5 Community Programs (RSU5CP) activities or events.

- A coach should be aware that they have a tremendous influence on the children in their charge and never place the value of winning above the values of our organization or the wellbeing of the children.
- A coach should uphold the honor and dignity of the profession. In all personal contact with participants, opponents, officials, community organizers, and the public, the coach should strive to set an example of the highest ethical and moral conduct.
- A coach should respect and support contest officials. A coach should not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unacceptable.
- A coach should meet and exchange cordial greetings before and after the event with the organizers and opposing coaches to set a positive tone for the event.
- A coach should exert their influence to encourage good sportsmanship by all spectators, regardless of community affiliation.
- To the best of their ability, a coach should master the rules of the sport/activity and shall teach them to the members of their team. A coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- A coach should take an active role in the prevention of drug, alcohol and tobacco use among participants.
- A coach shall avoid the use of alcohol and tobacco products when in contact with players.

I agree to this Code of Conduct and pledge to adhere to them for the duration of my involvement with RSU5CP. I acknowledge that I may be removed at any time from my position within the program in the event that I do not meet these standards.

Signed: _____

Date: _____

Printed Name: _____

Sport: _____



Our Coaching Philosophy

We want all of our coaches to consider these simple and achievable goals when working with young athletes. They can be applied to a group or to individuals, and to an entire season or to one specific day. Ask these three questions of the players: Did you have fun? Did you improve your skills? Do you want to come back and do it again? Focusing on these goals will create the environment we want in our youth sports programs. We should not view “winning” as a goal that we are pursuing with our young players – success on the court or field is little more than a byproduct of having fun playing the sport, of teammates trusting the coach and one another, and respecting the sport and the competition.

Our Program Values

Health and Well-Being - Coaches should prioritize the physical and mental health of their players, promoting balanced training programs and providing support for overall well-being. It is appropriate for coaches to take an interest in the lives and wellness of the players. Coaches are expected to prioritize safety at all times, minimize the risk of injury or harm to the players, including at times when weather or outside factors affect practices or events (see *Inclement Weather Protocol*).

Community Building & Inclusiveness - RSU5CP programming always ranks inclusivity and community-building above competition. Coaches should strive to create an environment of inclusion where all players feel safe, accepted, and welcome. Coaches bear a responsibility for preventing and/or reporting harassment, bullying, or discrimination based on race, gender identity, religion, culture, country of origin, or personal identifiers or features of any sort.

Professionalism & Mutual Respect - Coaches should maintain an appropriate level of professionalism in all interactions with players, parents, officials, opponents, and members of the public. This includes acting with integrity and avoiding dishonest or unsporting behavior. Coaches should interact with players in ways that are respectful and understanding of the developmental uniqueness of their age. Coaches should respect and recognize the roles of other coaches, officials, and administrators, and model respectful interactions for the players. Youth sports teach young athletes to work collaboratively toward common goals. Coaches should discourage rivalries and animosity toward other teams/players, and instead encourage the joy and excitement that can be found through positive sporting competition.

Conflict Resolution & Communication - Coaches should foster an environment which features open and transparent communication between all players and family members associated with the team. Coaches should address concerns in a timely fashion, and provide feedback to players and families in a constructive manner. Coaches should effectively manage conflicts and disputes, seeking resolution in a fair and respectful manner. Conflicts between players can often be resolved through supervised conversations. Conflicts with parents are best resolved away from the players. RSU5CP staff is always available to help moderate/mediate challenging situations that involve conflict.

Confidentiality - Coaches should maintain the confidentiality of sensitive information shared by registrants, and respect their right to privacy. This includes protecting contact information, medical information, and other sensitive information that could be used to identify a participant or family.



Guidelines to a Creating Successful Team Environment

SUCCESS looks, feels, and means different things to everyone. RSU5CP defines success as:

- Protecting and promoting our Program Values
- Creating a fun, healthy, educational, and appropriately competitive environment for all participants
- Ensuring that young athletes finish every season with the desire to continue their involvement in the sport

As such, we have developed these guidelines for you to follow when creating a plan for practices or events:

- Always follow APES (**A**ctive, **P**urposeful, **E**njoyable, and **S**afe) in practice games and drills. Our practices and events shouldn't be heavy with lectures. They should be designed to keep players active and should have a specific goal or purpose. Coaches should strive to make these activities enjoyable. Fun is the name of the game! Above all else, all activities should be created with safety in mind (and modified when necessary).
- Coaches have the right to refuse participation to players who are not dressed appropriately for practicing safely, especially if it may cause harm to other athletes (e.g., flip flops, work boots, improper clothing). We advise and encourage you to have players remove jewelry before beginning play.
- Water breaks should be instituted frequently; typically at the end of strenuous drills and at minimum every 30 minutes. Coaches should never deny a player water, and always accept when a player requests a break.
- Players should never run laps or sprints for the sake of cardio/fitness, and we do not condone these as a form of "punishment" for a participant. We believe that consequences should only be used when absolutely necessary, and should never be directed at individuals, but instead applied to the entire team. Intense running situations is not a sound coaching strategy, as it does not align with APES (they are not conducive to player enjoyment, they do not teach anything specific, and they also put players at a higher risk of injury). There are plenty of other ways to target cardio by using games, skills drills, and the sport itself. Examples and practice plans are available upon request.
- A coach should never touch a player without asking their consent in the moment. Never grab/drag/push a player (e.g., grabbing a player to put them in a spot you indicated). Remember your SafeSport Training!
- It's important to adhere to published practice times. Unless explicitly approved by the Athletics Coordinator, do not enter the facility/grounds until your practice start time, and make sure practice ends on time to show respect for others using the facility/grounds after you, and also to the parents and players themselves.
- A Coach should be the last one to leave the field when practice is over; it is the coach's responsibility to assure every player has a ride or a plan to get home safely.