



Inappropriate Conduct Our Duty of Care For Gymnastics Coaches & Education Designers



Preschool or young
participant / in a training
environment

Display type image

Elite competitive image

Duty of Care



Coaches have a legal responsibility to ensure children and vulnerable adults in their care are:

- **Protected against threat, harm or danger**
- **Treated fairly, with dignity & respect**

Duty of Care

Safeguarding & welfare

Professional boundaries & Standards of Conduct

Mental health & wellbeing

Health & safety

Positive relationships & environment

Equality & Inclusion

Confidentiality & Data Protection

Safeguarding & Welfare

- Recognising abuse & understanding accountability for reporting abuse is critical for coaches
- Physical, Sexual, Emotional, Neglect & Bullying



Recognising abuse: Neglect



- Neglect occurs when a coach fails to persistently meet a child's basic needs, which results in negative impact to the health and/or development.
- Neglect may involve failing to provide:
 - Adequate food, water, clothing & protection from other forms of abuse.
 - Adequate supervision
 - Access to appropriate medical care or treatment.



Physical



Sexual



Emotional



Neglect



Bullying

Recognising abuse: Bullying



- Bullying is deliberately hurtful behaviour, which is repeated over time.
- Bullying can be:
 - Verbal, written or physical
 - Happen inside and outside of the gym
 - Online & via social media (cyberbullying)
 - Children who are seen as 'different' can be at greater risk



Physical



Sexual



Emotional



Neglect



Bullying

Reporting abuse



- Coaches must understand how to report abuse
- If a coach sees or hears anything that falls into any category of abuse they have a duty to pass this information on
- Not the coaches job to 'decide' whether it is or is not abuse
 - There are trained individuals (Welfare Officers) to do this
- Campaign: **See something, say something**

Duty of Care

Safeguarding & welfare

Professional boundaries & Standards of Conduct

Mental health & wellbeing

Health & safety

Positive relationships & environment

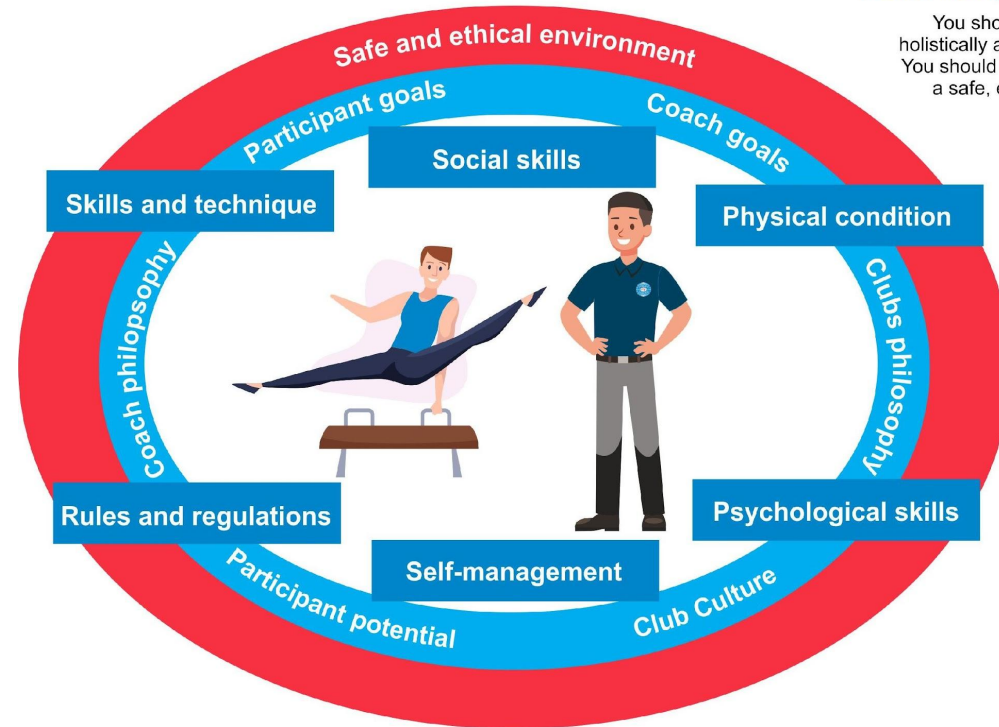
Equality & Inclusion

Confidentiality & Data Protection



Positive Coaching

- ***Holistic Development*** describes the development of the whole person
- **Coaching is challenging**
 - Different motivations & goals
- **You should never compromise ethics & safety in pursuit of a goal**



Remember, coaching is challenging

You should develop your participant holistically and remember other key factors. You should always ensure you are creating a safe, ethical and fun environment.

Holistic development

The process of developing skills and attributes that will assist participants to achieve success in both sport and life.

Positive Coaching Strategies

Know yourself

Reflection

Mentoring

Peer observation

Continued Professional Development



How will 'knowing myself' help me be more positive ?

- To understand situations which might challenge, frustrate, or stress you.
- So you can be proactive on ensuring you remain positive by preparing and developing yourself.

About me...

- My motives for coaching
- My goals for my coaching
- Experiences that influence my decision-making and behaviour
- My beliefs about success and failure
- How I behave may be perceived in my coaching

Positive Coaching Strategies

Know your participant

Communication

Observation

Evaluate your
coach-participant
relationship



How will 'knowing my participant' help me be more positive ?

- To understand situations which might challenge, frustrate, or stress them which then challenge your coaching practices.
- To be proactive in ensuring you remain positive by preparing and developing yourself.

What should I know...

- Why they participate in gymnastics
- What they want to achieve in gymnastics and in their life
- Experiences that might influence how they react or behave in certain situations
- Their beliefs about success and failure

Take home messages

- **Duty of Care is a critical responsibility**
 - It should not be compromised in pursuit of a goal
- **Coaches must understand how to recognise & respond to concerns over abuse**
- **Various strategies you can use to help you stay positive**
- **Framework designers should create methods to embed duty of care into every course**



Thank you

If you want to read more about Positive Coaching or any of our resources then please visit....

- <https://www.british-gymnastics.org/courses/6351/positive-coaching>
- <https://www.british-gymnastics.org/courses>