



Code of Conduct for coaches

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Rockets Netball (RN) is a netball club which was established as an association in Portugal in October 2023. RN is a competitive club, always striving to improve and achieve as highly as possible. However, we also want the Rockets family to be a fun and welcoming club, where your teammates are your friends both on and off the court.

By abiding by these Codes of Conduct, netball players and coaches can achieve respect, good sportswomanship/sportsmanship, high standards of behaviour and ethics to provide them with an enjoyable, safe and stimulating experience.

As there was no established National Governing Body of Netball in Portugal at the inception of RN and the common language of members is English, the founding members agreed to follow England Netball guidelines (www.englandnetball.co.uk) to draft the original Codes of Conduct. This remains the case when creating this version for coaches, so this format will be retained.

Our Codes of Conduct are underpinned by the core values of the National Governing Body (NGB) of netball in England - the All-England Netball Association - and the sport as a whole, namely:

- NGB - **Leadership, Excellence, Participant Focused** and **Integrity**
- Sport as a whole - **Respect, Teamwork, Achievement** and **Fun**

Coaches code of conduct

In addition to following and promoting the players' code of conduct, I will demonstrate **EXCELLENCE** and **INTEGRITY** in my **LEADERSHIP** of players and ensure that training and matches are **PARTICIPANT FOCUSED**, so will:

- Be mentally and physically fit to carry out my role within netball
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players
- Not expose players to extreme heat or cold or unacceptable risk of injury
- Obtain, and maintain, appropriate qualifications for the role I am undertaking
- Keep up to date with the latest coaching practices and developments

- Be a positive role model and display high standard in my language, manner, punctuality, preparation and presentation
- Seek to inspire and motivate in accordance with an individual's abilities to enable them to play to the best of their ability and realise their potential
- Provide players with planned and structured training programmes appropriate to their abilities and goals by ensuring that equal attention and opportunities are available to all, including those requiring a modified plan due to sickness or injury
- Demonstrate patience, encouragement and motivation to the players; including providing positive and constructive feedback to help players improve and perform to the best of their ability
- Provide opportunities for players to take part in matches/tournaments whenever possible and prepare them for the activity / event
- Choose players for match games based on a combination of their skills, commitment to training and desire to take part
- Ensure that the training and/or competition environment is safe and appropriate for the age, physical and emotional maturity, experience and ability of the players
- Treat players equally and not discriminate against any player or show favouritism
- Provide a safe, fun environment in which to train and play
- Operate within the rules and spirit of netball and teach my players to do the same

I am fully committed to safeguarding the welfare and wellbeing of all children and adults in my care. I am cognisant of the 'Safeguarding Children and Vulnerable Adults' policy, will adhere to the guidelines for me as a coach and ensure that any concerns are reported to the club safeguarding officer. I am aware that as a coach, I hold a position of trust in relation to a child or vulnerable adult and under no circumstances will I abuse or exploit this position.

With particular regard to child safeguarding and the youth team, I will never:

- Engage in rough, physical or sexually provocative games with youth members
- Allow or engage in any form of inappropriate physical touching or sexual contact or behaviour with youth members
- Make sexually suggestive comments to a youth member, even in fun
- Use or allow youth members to use inappropriate language unchallenged
- Share a room with a youth member, unless I am their parent/guardian
- Allow allegations made by, or about, a youth member to go unchallenged, unrecorded or not acted upon
- Do things of a personal nature for a youth member that they can do for themselves, unless you have been specifically requested to do so by the parent/guardian (it is recognised that some youth members may need help with things such as lace tying, and it is also recognised that this does not preclude anyone attending to an injured/ill youth member or rendering first aid)
- Depart the netball club or agreed rendezvous point until the safe dispersal of all youth members is complete
- Agree to meet a youth member on their own, in private, on a one-to-one basis (it is recognised that a youth member may wish to report a situation of harm in a safeguarding context without others around, this does not preclude this occurring but it remains best practice to do this in a public place but away from others who could overhear)

- Have one-to-one online, social media or messaging contact with a youth member (further details are available in the Communications and Social Media Policy)

Playing and social members Code of Conduct

I will **RESPECT**:

- The rules, regulations and requirements of netball, including, but not limited to, any competitions in which I participate either directly or indirectly
- The rights, dignity and worth of all people involved in netball, regardless of gender, marital status, race, cultural background, colour, disability, sexuality, age, occupation, religion or political opinion
- Confidentiality and the sensitivities of information I hold on other individuals
- The coaches, by keeping to agreed timings for training and competitions (or informing them if I am going to be late) and giving my full attention
- My teammates, by not being a member of another netball club in Portugal and not playing netball matches (competitive or friendly) for any other team in Portugal - exceptions to playing for another team would be at a fun day event where fully mixed teams are encouraged as part of the spirit of the event or in relation to playing a different format of netball which RN does not offer (eg walking netball), as long as neither necessitated becoming a member of another netball club in Portugal
- Netball and the individual's reputation and not take any action or make inappropriate comments about a fellow team member, opponent, coach, committee member or official that will bring the club or the sport into disrepute; including making comments on social media technology

Netball is based on **TEAMWORK**, which includes looking out for each other, therefore I will:

- Remove jewellery (or tape if appropriate and agreed by the coaches), ensure nails are cut short and wear suitable kit for training and match sessions
- Pay any fees for training or events promptly
- Inform the coaches of any injury or medical condition which may affect my performance or ability to participate
- Recognise that individuals bring different qualities and attributes but that together the Rockets family will excel
- Be friendly and approachable to others, work with different people and try to build new friendships
- Be supportive and committed to other team members, offer comfort when required
- Be aware of the 'Safeguarding Children and Vulnerable Adults' policy and ensure that any concerns are reported to the club safeguarding officer

I recognise individuals participate in Netball to **ACHIEVE** and have **FUN**, therefore I will:

- Enjoy the game, and ensure others can also enjoy it by recognising that people have different motivations for playing the game
- Recognise the achievements of others and applaud their successes

- Promote the positive aspects of netball and never use, or condone the use of, inappropriate or abusive language, inappropriate relationships, bullying, harassment, discrimination or physical violence
- Display modesty in victory and graciousness in defeat; be sporting whether I win or lose, always acknowledge the other team and the umpires at the end of the game (perhaps with a hand shake or three cheers)
- Never argue with an official or participant during a game and listen to and cooperate with officials' decisions
- Not impinge on others enjoyment of netball, or my own performance, by consuming alcohol or smoking immediately prior to, or while, participating in the sport

I have read this Code of Conduct, understand what is expected of me as a coach of Rockets Netball and will abide by these rules.

I understand that if I fail to follow the code, the club may take action against me under the Disciplinary Procedure, which may result in sanctions including fines, suspension or expulsion.

By signing below (or clicking on agree on the Rockets Netball registration page on the website) I indicate that I have read and understood this Code of Conduct and the associated Complaints and Disciplinary Procedure, along with the Safeguarding Children and Vulnerable Adults Policy (as is relevant to my role(s) within the club), and I voluntarily agree to their terms.

Name _____

Signed _____

Date _____