

Flying Disc Federation of Hong Kong, China Coaches Code of Conduct

Coaches serve a number of important roles: teacher, role model, mentor, guardian and trainer. Good coaches are always looking to provide athletes with the mental and physical tools that will equip them to learn, to win, and to uphold the spirit of the game. To ensure the quality of coaches, below is Code of Conduct for coaches to follow as well as the Athlete Code of Conduct:

1. Treat each athlete as an individual and help him/her to reach full potential.
2. Promote fair play and show respect for other teams. Accept both the guidelines and the spirit of the rules that define and govern his/her sport.
3. Keep up with the latest coaching techniques and seek continual improvement.
4. Provide a safe environment. Check that the equipment and facilities are safe.
5. Ensure training and competition are suitable for the age and fitness level of the athletes.
6. Let athletes know the benefits of sport and encourage them to participate in sport throughout their lives.
7. Do not over-train athletes. Maintain athletes' interest and promote their enthusiasm towards sports.
8. Always lead by example and do not speak foul language.
9. Avoid any form of harassment towards your athletes. This includes harassment on sex, race and disability.
10. Be punctual, do not leave early and have high attendance.
11. Clearly communicate if attendance is not possible with reason.
12. Avoid and declare any potential conflict of interest with the federation.
13. Any commercial filming and photography during training sessions must be declared in advance to the office. In the event of unauthorised commercial filming or photography, it is essential to promptly halt the activities of the photographer. If the photographer fails to cooperate, coaches must notify the office immediately.
14. Coaches are reminded that should there be any perceived, potential or actual conflict of interest, under no circumstances should the interests of the federation be compromised over personal or club team interests.

For Under 18 Coaching / Leadership:

15. Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or shout at children for making mistakes or losing a game.
16. Be reasonable in your demands on young players' time, energy and enthusiasm.

17. Teach your players that rules of the sport are mutual agreements, which no-one should evade or break.
18. Whenever possible, group players to give reasonable chance of success.
19. Avoid over-playing the talented players. The “just average” players need and deserve equal time.
20. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
21. Take into consideration the maturity level of the children when scheduling and determining the length of practice times and games.
22. Develop team respect for the ability of the opponents as well as for the judgement of officials and opposing coaches.
23. Follow the advice of a physician when determining when an injured player is ready to commence training or competition.
24. Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.

It is mandatory for all coaches to thoroughly read, understand, and acknowledge the Code of Conduct. By acknowledging this code, coaches affirm their commitment to upholding its principles and abide by the standards set forth within it, both on and off the field. In the event of a violation, coaches will receive one warning as a means of providing an opportunity for corrective action. Accumulation of two warnings due to continued violations of the Code of Conduct may result in the revocation of their coaching title within our federation.