



Sports Pledge

I pledge to play the game the best I can. To be a team player. To respect my opponents, the rules, and officials, and to improve myself in Spirit, Mind, and Body.

COACHES CODE OF CONDUCT

- 1.** In order to protect YMCA coaches and program participants, at no time during a YMCA program may a coach be alone with a single child where he or she cannot be observed by others.
- 2.** Coaches shall never leave a child unsupervised.
- 3.** Restroom supervision: Coaches must check restrooms prior to practice to ensure it is clean and is not occupied by unknown individuals. During practice, children should be sent in pairs (preferably threesomes) to the restroom - never send a child alone. If a coach is ever assisting a child, doors to the facility must remain open.
- 4.** Coaches shall not abuse children including: Physical abuse—to strike, spank, shake, slap; Verbal abuse—to humiliate, degrade, threaten; Sexual abuse—to inappropriately touch or speak; Mental abuse—to shame, withhold kindness, be cruel; Neglect—to withhold food, water, basic care, etc. No type of abuse will be tolerated and may be cause for immediate dismissal.
- 5.** Coaches must use positive techniques of guidance, including redirection, positive reinforcement, and encouragement rather than competition, comparison, and criticism.
- 6.** Coaches will observe children at each practice or game and note any possible indicators of abuse. Questions or comments will be addressed to the parent or child in a nonthreatening way. Any questionable marks or responses will be documented.
- 7.** Coaches will respond to children with respect and consideration and treat all children equally regardless of sex, race, religion, or culture.
- 8.** Coaches will respect children's rights to not be touched in ways that make them feel uncomfortable, and their right to say no. Children are not to be touched on areas of their bodies that would be covered by a bathing suit.
- 9.** Coaches will refrain from intimate displays of affection towards others in the presence of their teams and parents.
- 10.** While the YMCA does not discriminate against an individual's lifestyle, it does require that while coaching, they will abide by the standards of conduct set forth by the YMCA.
- 11.** Coaches must appear clean, neat, and appropriately attired.

12. Using, possessing, or being under the influence of alcohol or illegal drugs during practices or games is prohibited.

13. Smoking or use of tobacco in the presence of children or parents during practices or games is prohibited.

14. Profanity, inappropriate jokes, sharing intimate details of one's personal life and any kind of harassment is prohibited.

15. Coaches must be free of physical and psychological conditions that might adversely affect the children's physical or mental health. If in doubt, an expert should be consulted.

16. Coaches will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, courtesy, tact and maturity. All coaches are expected to support the officials. Any negative comments or gestures towards an official will not be tolerated.

17. Coaches should not be alone with children on their teams or other teams associated with the YMCA. Any exception to this rule should be subject to administrator approval.

18. Coaches should not transport children in their own vehicles unless prior approval is given by the YMCA administrator.

19. Coaches should not date program participants under the age of 18 years of age.

20. Coaches should monitor the release of children on their teams to ensure a child is never left alone or picked up by a stranger.

21. Coaches will act in a caring, honest, respectful and responsible manner.

I understand that any violation of this Coaches Code of Conduct may result in my dismissal.

Name (printed) _____

Signature _____ Date _____