



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 _____



Parent's Code

I hereby pledge to provide positive support, care and encouragement for all children participating in YMCA sports by following this Code of Ethics.

- 1.** I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other YMCA sport events.
- 2.** I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- 3.** I will insist that my child play in a safe and healthy environment.
- 4.** I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- 5.** I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all YMCA sports events.
- 6.** I will remember that the game is for children and not for adults.
- 7.** I will do my very best to make YMCA sports events fun for my child.
- 8.** I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.
- 9.** I will promise to help my child enjoy the YMCA sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- 10.** I will require that my child's coach be trained in the responsibilities of being a YMCA sports coach and that the coach agrees to the YMCA sports Coaches' Code of Ethics.
- 11.** I know the YMCA's core values (honesty, caring, respect, and responsibility) and will do everything in my power to follow and enforce these values during YMCA sports programs.
- 12.** I understand the YMCA's child abuse policy and that coaches will not be responsible for taking my child to the bathroom during YMCA youth sports functions.

Name(print)

Signature _____ Date _____