

Guidance for Coaches – St Helens Sutton AC

The objective of St Helens Sutton AC is to encourage and improve performance in, and development of, athletics and related activities¹ in the St Helens area.

Coaches are appointed by the committee and are volunteers, as are all people working for the club. Coaches are expected to assist the club in its objective while promoting good practice, as summarised in the guidelines below.

- Coaches shall comply with the rules and guidelines expressed in the Constitution of St Helens Sutton AC :
 - To encourage and improve performance and development of athletes
 - Persons in the group shall be members of St Helens Sutton AC
 - During competition competitors shall wear club colours – red, white and black vest
- Conduct of coaches shall comply with UK Athletics [Code of Ethics](#)
- Conduct of coaches shall comply with Code of Conduct within the terms and conditions of UK Athletics [Coach License](#)
- Coaches are responsible for the athletes in their group.
- Coaches shall keep a register of those attending each training session (Tuesday and Thursday) to be reconciled with membership and subs lists
- Coaches shall put the well-being and safety of athletes before the development of performance
- Coaches shall develop an appropriate working relationship with athletes, based on mutual trust and respect
- Coaches shall comply with training times and the use of facilities as drawn up by the Committee
- Coaches shall make sure all activities are appropriate to the age, ability and experience of those taking part;
- Coaches shall promote and encourage entry into nominated club events
- Coaches shall give all advice free of charge (including training plans and schedules where applicable) if requested by athletes
- Coaches shall hold the appropriate, valid qualifications and insurance cover

¹ “Athletics and related activities” are defined by UK Athletics as Track & Field Competition, Road Running Competition, Cross Country Running, Fell & Hill Running, Race Walking & Trail Running.