



## **Inishowen Athletics Club Coaching Policy**

Coaching is an essential support for athletes. Effective coaching allows athletes to develop and maximise their athletic ability and talents. Good coaching allows athletes to reach their full potential. Coaches are central to the development of our Club

With this in mind, and to recognise and support our coaches who work in a voluntary capacity in our Club, we have devised a number of incentives and guidelines.

### **Incentives**

Registered members who are actively coaching as part of our rota and/or willing to become part of our coaching rota will receive the following on an annual basis:

- A 50% contribution towards the cost of any coaching course that is accredited and certified by Athletics Ireland.
- The payment of travel expenses at a rate of 0.20 per mile, to any Athletics Ireland accredited and certified coaching courses.
- A 20% reduction when purchasing Club gear.
- A 20% reduction in the entrance fee to any coaching conference organised by Athletics Ireland or Athletics Northern Ireland.
- A 50% reduction on the cost of a ticket to our Senior Club presentation night.
- A free high visibility jacket with Club logo and Coach Identification.

## Important Points for Coaches

### Good Practice & Health & Safety Guidelines

#### Coaches are required to:

- Hold a recognised coaching qualification from Athletics Ireland or Athletics Northern Ireland.
- Undergo Garda vetting every three years.
- Conduct themselves in a manner that is compliant with the Code of Ethics and Good Practice in Athletics. See [www.athleticsireland.ie](http://www.athleticsireland.ie) for more details. See information under '*Child Welfare*' & '*Competition*' and '*Juvenile Booklet*'.
- Attend Athletics Ireland Child Welfare & Protection in Sport Course.
- Be aware of Child Protection Guidelines and reporting obligations.
- Keep abreast of developments in modern coaching and training methods.
- Report & record any accidents or injuries that occur at the session.
- Monitor athlete welfare & advise accordingly.
- Be mindful of juvenile athletes (11+) - modify the schedule.

#### Practical Advice

- Have a clear plan for the session.
- Be on time for all coaching sessions.
- Contact another coach if you are unable to attend your session.
- Wear your high visibility Club coaching vest.
- In the event of an official severe weather warning, cancel the session.
- Check & advise athletes on safety issues e.g. surfaces, training areas, weather, road conditions, training volumes and intensities etc.
- Start the session on time.
- Inform athletes that they must tell you if they are leaving the session early.
- Keep the coaching area an appropriate size.
- Explain the session & coaching points to athletes.
- Oversee the warm-up, strength & conditioning/plyometric exercises, the session and cool-down.
- Make sure that you are aware of the whereabouts of all the athletes you are coaching.

- Use a 200m-1000m loop or an out and back route for all interval sessions on the road.
- Insist on good technique over speed or volume.
- Recommended, but not essential to have completed a certified First Aid course within the last three years.
- Give advice & encouragement where & when you feel appropriate.
- It is perfectly OK not to give advice if you are unsure or don't know.
- Carry your mobile phone & a small first aid kit with you when coaching.
- Keep records where appropriate.
- Encourage athletes to run in appropriate Club championship competitions.
- Emphasise that Club vests must be worn during competitions.
- Encourage athletes to support & look out for each other in both training and competition.
- REMEMBER!! In Team Inishowen A.C. *'No one gets left behind'*.
- Finally, the very best of luck and enjoy your coaching.

**Ratified by the Executive Committee on 18.12.14.**