

Effective Coaching

Safety Net

Activity Booklet for the Online Coaching Resource



Navigation guide

1) To navigate the online course, you can move through the pages by using the previous and next buttons in the lower right corner of the page. Alternatively, you can select topics of interest from the navigation menu on the left.



2) When instructed, click this button to start activity

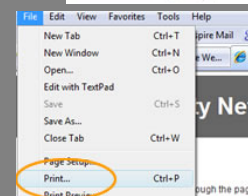
3) To complete a knowledge check, type your answer into the text field and click 'Compare' or 'Check Answer'



4) Close the popup windows with (X) button



5) To print a page of this learning, select print from your browser.



Popups

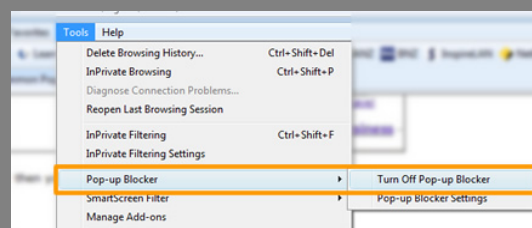
Having Problems Opening a PopUp?

Occasionally you may find that you cannot open an activity even with the pop-up disabled. You must therefore hold on to the **CTRL** key whilst you **double click your mouse** on the activity link.

Disabling Popup Blockers

1) Internet Explorer

- > Tools
- > Popup Blocker
- > Turn Off Pop-up Blocker



2) Mozilla Firefox

- >Options
- > Content
- > uncheck Block Popup windows

Safety Net

Go http://www.sporttasman.org.nz/sites/all/coaching_module/safetynet/index.html to work your way through the resources in conjunction with this workbook.

Completing the questions in the workbook

- You are advised to check your workbook for signposting so that you can complete the questions in the workbook whilst you are working your way through the on-line material.
- You will need to allow approximately 60 minutes to complete the workbook.
- For further help and support please contact
Sport Development Team
03 546 7910
reception@sporttasman.org.nz
- Completed workbooks should be emailed or sent to for assessment to
Sport Tasman
PO Box 3197
Richmond
Nelson
reception@sporttasman.org.nz
- Motorcycling coaches should take their booklet to their first workshop or send it to coaching@mnz.co.nz

Good Luck

This online coaching project has been produced in association with Sport Tasman and Motorcycling New Zealand. The activities are not specific to motorcycling, therefore these resources are suitable for coaches across all sports codes.

Safety Net

Personal Details

Please complete this form before you submit your completed **Safety Net** Activity Booklet to Sport Tasman or MNZ for assessment.

Family Name _____

First Name(s) _____

Residential Address _____

Postal Address _____
(if different from residential address)

Email address _____

Telephone **Mobile** _____

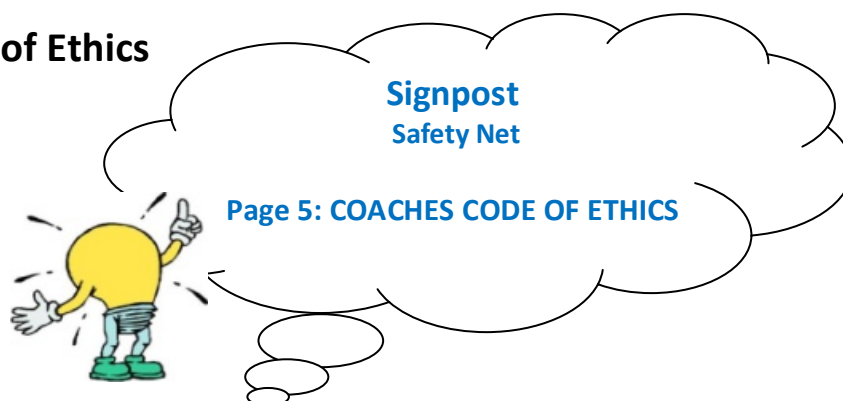
Daytime _____

Evening _____

Sport _____

Safety Net Tasks

1. Coaches Code of Ethics



(a) Briefly describe why the coaches' Code of Ethics has been developed.



(b) Give an example to illustrate how the coach can "Respect the rights, dignity and worth of every individual athlete".



- (c) Give an example to illustrate how a coach can “Maintain high standards of integrity” when coaching.

| |
|--|
| |
|--|



- (d) Select FOUR statements from the list on page 8 of the **Safety Net Online Resource** that best relate to how a coach can be a positive role model.

| |
|---|
| 1 |
| 2 |
| 3 |
| 4 |



- (e) Select THREE statements from the list of professional responsibilities on page 9 of the **Safety Net Online Resource** and briefly explain how the coach could demonstrate these when coaching athletes.

| Selected Statement | How the coach could demonstrate this when coaching |
|--------------------|--|
| | |
| | |
| | |



- (f) For EACH of the FOUR correct statements in the activity on page 10 of the **Safety Net Online Resource**, explain the benefits of each to the athlete.

| Selected Statement | How the coach could demonstrate this when coaching |
|--------------------|--|
| | |
| | |
| | |
| | |



(g) Select FOUR statements from the list on page 11 that illustrate the coach’s role in providing a safe environment for athletes when coaching.

| |
|---|
| 1 |
| 2 |
| 3 |
| 4 |



(h) Refer to each of the THREE statements from the list on page 12, “Protect your athlete from any form of abuse”, and explain why it is important that a coach avoids behaving in this way when coaching.

| Selected Statement | Why a coach should avoid behaving in this way towards an athlete. |
|---|---|
| <i>Refrain from any form of verbal, physical or emotional abuse towards your athletes</i> | |
| <i>Refrain from any form of sexual or racial harassment, whether verbal or physical</i> | |
| <i>Do not harass, abuse or discriminate against athletes on the basis of their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability or distinguishing characteristics</i> | |



(i) Refer to each of the statements listed below and explain why each is important.

| Selected Statement | Why it is important |
|---|---------------------|
| <i>Be treated with respect and openness</i> | |
| <i>Have access to self-improvement opportunities</i> | |
| <i>Be matched with a level of coaching appropriate to their ability</i> | |



(j) Follow the link to the **Code of Ethics** on page 13 of the **Safety Net Online Resource**. Print and complete the **Agreement Form** and return it with your workbook.

Agreement form completed and attached

| | |
|-----|--------------------------|
| Yes | <input type="checkbox"/> |
| No | <input type="checkbox"/> |

2. Keeping Athletes Safe



- (k) Refer to each of the FOUR statements from those listed in the **Keeping Athletes Safe** activity and explain why a coach should ensure that they complete each of the tasks identified.

| Selected Statement | Why it is important |
|---|---------------------|
| <i>Record the medical history of athletes</i> | |
| <i>Ensure that the facilities and equipment used are safe and appropriate</i> | |
| <i>Check the ground and weather conditions</i> | |
| <i>Know where the first aid kit is and how to get help in the event of an emergency</i> | |



- (l) Complete activity 2 on page 14 of the **Safety Net Online Resource** and then identify FIVE potential hazards in your own sport. State how you, as a coach, minimise the risks to athletes.

Your sport _____

| Potential Hazards | How the risk to athletes is minimised |
|-------------------------------|---|
| Example: poor playing surface | Check the condition of the playing surface prior to the start of the session or match |
| | |
| | |
| | |
| | |

3. Injuries



(m) Explain what each of the stages of **RICED** means in the treatment of injuries.

| Stage | Meaning |
|----------|---------|
| R | |
| I | |
| C | |
| E | |
| D | |



(n) For your sport list FIVE key things that should be included in an action plan in case of emergency at your coaching venue.

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

4. Protection of Athletes & Coaches



- (o) Refer to each of the 3 statements from the list that illustrate positive behaviour by the coach and explain why it is important for a coach to behave in this way.

| Positive Behaviour by a Coach | Why it is important that a Coach behaves in this way |
|--|--|
| <i>Obtain written parental consent to act on behalf of the parents/caregivers, e.g. first aid.</i> | |
| <i>Always give enthusiastic and constructive feedback, rather than negative criticism.</i> | |
| <i>Try to recognise the developmental needs and capacity of the athlete ahead of your ambitions.</i> | |

- (p) Refer to each of the 4 statements from the list that illustrate negative behaviour by the coach and explain why it is important for a coach to avoid behaving in this way.

| Positive Behaviour by a Coach | Why it is important that a Coach DOES NOT behave in this way |
|---|--|
| Allow young athletes to use inappropriate language unchallenged. | |
| Reduce an athlete to tears as a form of control. | |
| Make sexually suggestive comments, even in fun. | |
| Spend unnecessary time alone with children or athletes of the opposite sex. | |

5. Summary

Safety Net: Action Plan

(a) What have I learnt from completing the **Safety Net** module?

(b) What do I need to do right now to provide a safe environment for my athletes and myself?

(c) What do I need to do next to develop further as a coach?

Who do I need to contact to get further help?

- For general enquiries please contact Sport Tasman on 03 546 7910 or email reception@sporttasman.org.nz
- For sport specific enquiries please contact your own national or regional sports organisation
- Motorcycling coaches should contact: coaching@mnz.co.nz

When are the next coaching development opportunities (and where)?

- Please contact your national or regional sports organisation for further information regarding coaching development opportunities.
- Motorcycling coaches should contact: coaching@mnz.co.nz or visit the MNZ website www.mnz.co.nz

Certification from Sport Tasman



If you would like to receive a certificate of completion please email your completed workbook to reception@sporttasman.org.nz where it will be assessed by our Sport Development Team. Alternatively you can post your completed workbook to Sport Development Team, Sport Tasman, PO Box 3197, Richmond, Nelson.

Certification from Motorcycling New Zealand



Motorcycling coaches are advised to take their completed workbook to their first coaching workshop, where it will be assessed by the workshop facilitator. Alternatively please email coaching@mnz.co.nz where you will be advised of the next course of action.