

## What should I expect from my child's coach?

The main thing you should expect from your child's coach is that they want your child to enjoy their experience and the coach will work with you to ensure your child stays safe and participates in the sport for as long as possible. Some key things to consider are:

- **Training:** Your child's coach should have a recognised coaching qualification and have the technical competence in the sport/activity at the right level. Coaches need to be competent to deliver and oversee the sport or activity safely. Coaches should also attend safeguarding (child protection) training.
- **Insurance:** Depending on the activity it will either be the club or the coach who holds individual insurance to cover the activities.
- **Communication:** The coach's social and communication skills are as important as their technical coaching qualification. Coaches need to be able to communicate effectively with a range of different children and be comfortable in their role. Coaches should take time to show they value parents, want parental input, and are proactively communicating with parents about what they hope to achieve within the club.
- **Expectations:** Coaches should be clear and realistic in their expectations and fair in their dealing with all children.
- **Planning:** Coaches should be able to plan events that are enjoyable and fun with less talking and more activities. When there is more structure and less waiting around, young people are at a reduced risk of bullying behaviour occurring.
- **Standards:** Your child's coach must ensure that they are clear from the outset about what sort of behaviour is acceptable at their club and importantly role model that behaviour.

Overall, coaches need to provide an environment that allows the child to play their sport in a safe fun setting that allows them to enjoy the activity and achieve success to the best of their own ability.

### What does this mean practically?

Practically this means that your child's coach at least:

- Knows and uses your child's name
- Introduces themselves to you
- Helps newcomers to feel welcome
- Explains why they are doing certain training activities
- Takes a register of who is attending
- Understands the importance of their tone when communicating with children
- Is fair and consistent in their response to any rule breaches
- Checks with children that they understand what is being asked of them
- Does not leave children or themselves vulnerable by working in isolation.