

## Code of Behaviour – Instructors and Coaches Instructors and Coaches shall:

- Encourage enjoyment of sailing; participation should be for pleasure, winning is only part of the fun
- 2 Cater for varying levels of ability so that all participants have a fair go in both practice and competition
- 3 Help each person reach their potential. Respect the talent, potential and goals of each participant
- 4 Prepare and conduct sessions based on sound coaching principles
- **5** Set realistic standards and objectives
- **6** Educate athletes and supporters on health and safety
- 7 Respect the decisions of officials and administrators in the conduct of the sport
- 8 Operate within the rules and spirit of sailing, promoting fair play over winning at any cost
- 9 Adopt and display responsible behaviour in relation to alcohol and drugs
- **10** Be proud of your sport