



AMOR-LC CODE OF ETHICS

THE AMOR-LC GUIDELINE OF PRINCIPLES



I – Humility

Exercise and Fitness activities take place in many and diverse situations and should have the following underpinning values in common:

- A. Prejudice against people with disabilities or who suffer social and economic disadvantage, racism, sexism and ageism has no place in an environment, which seeks to enhance individual and group development through Exercise and Fitness.
- B. Participants must be at the centre of the process; the opportunities provided and the organisation that supports, co-ordinates and manages these should always start with the participants needs and be of sufficient flexibility to meet these.
- C. Opportunities provided should empower participants, reaffirm, enable and assist their individual to make right choices and decisions.
- D. Exercise and Fitness activities should offer participants opportunities to extend their knowledge, understanding and exploration of the wider world and therefore physical, social and cultural settings beyond their immediate experience.
- E. Each participant is individual and she/he should feel confident that the coach who assists them values individuality and diversity.
- F. Every participant has a right to an environment, which is stimulating and provides opportunities for enjoyment, risk, challenge and achievement and therefore growth of confidence and self-esteem.
- G. Participants have a right to an environment, which provides for their physical and personal safety and within which she/he feels physically and personally safe.
- H. Exercise and Fitness activities should be provided within the current legislative framework relevant to health, safety and the wellbeing of all participants and to the quality of the environment in which activities take place.

II – Relationships

- A. The good coach will be concerned primarily with the wellbeing, health and future of the individual participant and only

secondarily with the optimisation of the performance.

- B. A key element in a coaching relationship is the development of independence. Participants must be encouraged to accept responsibility for their own behaviour and performance when training and in their relationship with others.
- C. The coach is responsible for setting and monitoring the boundaries between a working relationship and personal friendship with their participants.
- D. The relationship between the coach and participant relies heavily on mutual trust and respect. In detail this means that the performer should be made aware of the coach's qualifications and experience and must be given the opportunity to consent to or decline proposals for training or performance.

III – Commitment

- A. The coach who becomes aware of a conflict between their obligation to their participants and their obligation to their Governing Body or other organisation employing them, must make explicit the nature of the conflict and the loyalties and responsibilities involved, to all parties concerned.

IV – Cooperation

- A. The coach should communicate and cooperate with other sports and allied professionals in the best interest of their participants.
- B. The coach must communicate and cooperate with registered medical and ancillary practitioners in the diagnosis, treatment and management of their participants' medical conditions.

V – Advertising

- A. Advertising by the coach in respect of qualifications and/or services shall be accurate and professionally restrained.
- B. The coach shall not display any affiliation with an organisation in a manner that falsely implies sponsorship or accreditation by that organisation.

VI – Integrity

- A. The coach should refrain from public criticism of fellow colleagues.

- B. The coach must encourage participants to behave in accordance with the AMOR-LC Code of Ethics.

- C. The coach must never advocate the use of prescribed drugs or other banned performance enhancing substances.

VII – Confidentiality

- A. The coach and participant must reach agreement as to what is to be regarded as confidential information. I.e. not divulge to a third party without the express approval of the participant.

VIII – Abuse of position

- A. The coach must consistently display high personal standards.
- B. The coach has an obligation to be a positive role model in terms of health, cleanliness and functional efficiency and should not engage in any behaviour that adversely affects other coaches or participants.

IX – Safety

- A. The coach has a responsibility to ensure the safety of the participants with whom they work as far as possible within the limits of their control.
- B. All reasonable steps should be taken to establish a safe working environment.
- C. The work done and the manner in which it is done should be in keeping with regular and approved practice within Exercise and Fitness.
- D. The activity being undertaken should be suitable for the age, experience and the ability of the participants.
- E. The participants should be made aware of their personal responsibilities in terms of safety.

X – Competence

- A. The coach shall confine his/herself to practice in those fields of Exercise and Fitness in which they have been trained/educated/certificated.