

Coaches for Special Olympics North Carolina must accept and carry out the following specific responsibilities:

- Strive to set an example of the highest ethical and moral conduct with the athletes, officials, other coaches, volunteers, local program coordinators, media, Special Olympics North Carolina Staff and the public.
- Place the health and safety of Special Olympics athletes above all else.
- Not engage in any inappropriate contact or relationship with Special Olympics North Carolina athletes or volunteers.
- Respect and abide by deadlines established by all levels of the organization.
- Prepare practice plans for each session. Plans should include, but not be limited, to practice schedules, warm ups, fundamental skill instruction, practice drills, instruction of competition and rules, conditioning, scrimmages, and cool down.
- Conduct regular practices that assist in the development of each athletes' physical skills.
- Assess each athlete's skill level in order to place him/her in situations where s/he has maximum opportunities to achieve.
- Understand that all athlete participation forms and parent release forms must be updated and on file prior to training. Athlete participation forms should accompany the coach during all training sessions and competitions.
- Ensure that athletes compete in events within their sport that challenge their potential and are appropriate to their ability. Coaches should be honest and instruct athletes to compete with maximum effort in all preliminary trials and /or finals, or s/he shall be prohibited from coaching by the relevant Rules Committee at the competition.
- Execute the legal duties of a coach:
  - Properly plan the activity
  - Provide proper instruction
  - Provide safe physical environment
  - Provide adequate and proper equipment
  - Match athletes fairly by ability level
  - Evaluate athletes for injury and incapacity
  - Supervise the activity closely
  - Warn of inherent risks
  - Provide appropriate emergency assistance

- Provide for the general welfare, safety, health, well being and conduct of each athlete in your charge.
- Make sure athletes are properly attired.
- Make sure athletes know and compete by the sport rules.
- Make sure athletes are assembled at the proper time and place for events.
- Dress and act in a professional manner at all times.
- Prohibit intoxicating or mind-altering substances such as alcohol and illegal drugs.
- Follow the established rules and guidelines of Special Olympics North Carolina, Special Olympics Incorporated and/or any agency involved with Special Olympics North Carolina.
- Display good sportsmanship and ensure that athletes demonstrate good sportsmanship.

### **Inappropriate Behavior**

Behavior that has a reasonable likeliness to jeopardize the health, safety and/or well being of self or others, and/or has a reasonable likelihood to reflect badly on the organization will result in a warning, probation, suspension, or expulsion from SONC.