

# ITF Coaches Education Programme



Coaching Beginner and Intermediate Players Course

## Creating a Safe Coaching Environment

# Introduction

- Coaching - very fulfilling occupation
- Accept a range of responsibilities
- Duty to ensure safety - coaches
- Statutory and Common law responsibility
- Facilities - necessary care
- Minimizing the risk
- Competent to ensure safety
- Deal with accidents

# Health and Safety Law



- Safe place of work
- Safe equipment
- Safe systems of work
- Safe access
- Suitable supervision
- Competent fellow employees
- Sufficient training, instruction, and information

# Health and Safety Law - Coaching programs

- Driving policy
- Coaches have an orientation
- Monitored by supervisors
- Appropriateness of the structure
- Coaches produce activity plans
- Quality and content of activity plans
- Progress reports
- Written procedures
- Criminal records check on coaches
- Coaches have appropriate insurance

# Health and Safety - Coaching programs

- Investigate all injuries
- Develop an incident/accident trend analysis
- Performers wear appropriate clothing and footwear
- First Aid kit
- Monitor standards and develop action plans
- Qualified in first aid
- Performers are prepared for activity

# Health and Safety Law - Coaching programs

- Check facilities
- Performance contract
- Misbehaviour
- Locations - high risk of physical assault
- Dangerous equipment made safe
- Security
- No-one exposed to known hazards

# Negligence



- Negligence
  - Duty of care owed to injured party
  - Duty of care breached
  - Damage, loss or injury
- Usual legal defenses
  - Voluntary assumption of risk
  - Contributory negligence
  - Due Diligence

# Negligence



- Take more care over health and safety of children
- Aware of the risks
- Duty of care for their performers
- Higher duty of care for less able and younger performers



# Negligence and Duty of Care

- Check qualifications and then references
- Criminal record
- Activity plans for each session
- Content and quality of plans-scrutinized
- Progress reports on activities
- Coaches should be punctual
- Written reports - important activities

# Negligence and Duty of Care

- Emergency contact numbers
- Empowered
- Professional manner
- Request sight of risk assessments
- Appropriate contracts
- Terms of the contract

# Negligence and Duty of care

- On-site support and contacts-defined
- Delay or cancel activities
- Trained-on-site risk assessments
- First aid kits
- Mobile phones
- Emergency actions plans
- Procedures

# Negligence and Duty of Care - Coaching issues



- Plan
- Evaluate the performers
- Write your training plans down
- Do not deviate from plan
- Up to date in current practices
- Coach - Accepted norms of tennis
- Clear and consistent
- Hazards

# Negligence and Duty of Care - Coaching Issues

- Keep control of your performers
- Checklist for the facilities you use
- Prudent judgments
- Appropriate equipment
- Written instructions to performers
- Contact activities-matched
- Play to the rules

# Negligence and Duty of Care - Coaching Issues

- Performers are physically ready
- Medical notes
- Prevent injury
- Injuries
- Prohibit reckless behaviour

# Negligence and Duty of Care - Coaching Issues

- Warn performers and parents of inherent risks of tennis
- Developing new skills
- First aid kit
- Prevent injuries
- Carry out first aid

# Professional Behaviour



- One witness
- Do not work alone - poor practice
- Coaching young performers
- Professional relationships - performers
- Physical contact - minimum



# Professional Behaviour



- Access to telephone
- Mobile phone-signal
- Access routes for emergency services
- Emergency procedures
- Emergency plan

# Risk Assessment



- Introduction
  - Risk assessment
  - Significant
  - Sensible approach
- Key Terms
  - Hazard
  - Risk
  - Likelihood
  - Severity

# Risk Assessment Systems

- Risk of injuries
- Coach's reputation
- Three areas of assessment
  - People - injuries
  - Assets - equipment and facilities
  - Reputation
- Three possible outcomes
  - High Risk
  - ALARP
  - Low risk

# Risk Assessment Systems

- Subjective
- No one person
- Team approach
- Experienced person
- Even out the bias

# Risk Control



- Employers of Coaches
  - System of control
  - Reviewed every 2 years
- Active Monitoring
  - Producing routine reports
  - Examining documents
  - Carrying out systematic inspections
  - Monitoring environmental factors
  - Monitoring performers health
  - Observing behaviour
  - Carrying out audits
  - Producing safety reports
  - Carrying out risk assessments

# Reactive Monitoring



- Injuries and ill health
- Property and other losses
- Incident analysis
- Reduced performance standards
- Accidents
- Conclusion
  - Monitoring and control techniques
  - Plan of action

# Summary



- Policy
- Good management practice
- Clear direction
- Continuous performance
- Responsibilities

# Organization



- Arrangements
  - Involvement of coaches and performers
  - Effective communication
- Common understanding
- Structures and processes
  - Coaching organization
  - Promote cooperation
  - Communication
  - Suitably competent



# Planning



- Minimize risks
- Risk assessment methods
- Choosing adequate facilities
- Appropriate equipment and coaching methods
- Best physical control measures
- Performance standards for coaches

# Measuring Performance



- Measured against agreed standards
- Health and safety
- Control measures
- Objectives of active and reactive monitoring
  - Determine the immediate causes
  - Identify any underlying causes and implications for management

# Auditing and Reviewing Performance



- Learn from past experiences
- Systematic review of performance
- Audits should assess
  - Legislative compliance
  - Best practice
  - Compliance
  - Risk control measures
- Performance should be assessed by
  - Internal performance indicators
  - Comparisons

# The Role of Coaches



- Planning activities effectively
- Providing appropriate instruction
- Safe environment
- Equipment
- Physically and mentally prepared
- Identifying inherent risks
- Providing first aid