

<b>Organization:</b>	Fit Active Beautiful	<b>Policy No.</b>	4.5
<b>Policy Type:</b>	Program	<b>Approved:</b>	January 19, 2016
<b>Policy Title:</b>	Coach Code of Conduct	<b>Effective:</b>	January 19, 2016
		<b>Replaces:</b>	Coach Code of Conduct
		<b>Dated:</b>	February 1, 2015

### **Role and Responsibilities of a FAB Girls 5K Challenge and FAB Empowerment Program Coach** *"Coach Code of Conduct"*

As a FAB program coach, you are a teacher and a mentor who leads by example. Not only will you be training FAB Girls how to develop their running and goal setting skills, you'll also be teaching them how to deal with life's challenges and success, and how to be gracious and supportive of other FAB Girls. Here are some additional responsibilities of a FAB Girls 5K Challenge Program and FAB Girls Empowerment Program Coach:

- ✓ Conduct yourself in a manner that is consistent with spirit and values outlined in the FAB Values Agreement.
- ✓ Promote interaction at all times that is consistent with the spirit and values outlined in the FAB Values Agreement.
- ✓ Develop FAB Girls' running speed and endurance skills through proper instruction of techniques and strategies.
- ✓ Deliver the FAB Girls 5K Challenge Program and/or FAB Girls Empowerment Program as demonstrated and communicated by Fit Active Beautiful Foundation.
- ✓ Motivate FAB Girls through encouragement and positive meaningful feedback.
- ✓ Instil cooperation and teamwork among FAB Girls.
- ✓ Ensure the safety of FAB Girls during practices and event. This can entail holding sessions indoors during very hot weather, monitoring girls' water intake and not pushing them too hard.
- ✓ Maintaining a sense of equality among FAB Girls to discourage harassment or hazing. Eliminate the appearance of "playing favourites" by identifying personal performance as the only criterion for success. The key is holding FAB Girls to that standard.
- ✓ Work with each FAB Girl to ensure development and achievement of her individual goals related to the FAB 5K Community Challenge and other runs, as applicable.
- ✓ Stay informed of all program schedules, changes and organizational communications.
- ✓ Attend each session and event that's scheduled for the Girls 5K Challenge Program or FAB Girls Empowerment Program. If you cannot attend a session or event you are required to contact the site coordinate for your program location. A minimum of two coaches should be at each session with a coach to participant ration of no less than 1-12.
- ✓ Familiarize yourself with our policies (*Child Protection, Safety, Confidentiality*)

passion for  
helping young girls become strong women

- ✓ Maintain at every training session each participant's emergency contact and medical information and consent forms, FAB Official Emergency Contact numbers (including the Child Protection Officer), your coaches' information binder and your first aid kit.