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# British Wrestling Codes of Conduct, Ethics and Responsibilities

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## 1. Coaches - Code of Conduct from UKCC Coaching Certificate

The Level 2 Wrestling Coach must demonstrate knowledge and understanding of their responsibilities for:

### 1. Duty of Care

Anyone in coaching owes a Duty of Care to those being coached and to others who may be in the gym/club or competition area.

As a coach, you will be expected to behave as a 'reasonable' coach in line with your level of knowledge and experience. Therefore, as a trained coach, you have a higher duty of care than someone without any skills and experience in coaching.

A general duty of care is owed to the participants to exercise reasonable care for their safety both in training and competition.

The duty of care will also involve the prudent coach in:

- Provision of a safe coaching environment
- Communicate and co-ordinate with registered medical and ancillary practitioners in the diagnosis, treatment and management of their athletes' medical and psychological preparation and progressive skill development
- Ensure as far as possible the safety of athletes with whom they work exercising reasonable care at all times
- All activities undertaken are suitable for the experience and ability of the athletes and in keeping with the approved practices of the BWA
- Provision of suitable first aid support
- Compliance with the child protection and welfare policy and procedures

British Wrestling membership provides insurance cover for any claims of negligence made against a member coach.

### 2. The Health, Safety and Welfare of Participants

The prudent and caring coach must always be concerned about the safety and well-being of the participants. The following good practice is recommended:

- Before commencing a session, check that participants are not suffering from illness or injury and are not distressed in any way;
- Ensure that the participants are physically and mentally prepared through an appropriate pre-session warm-up
- Check that the athlete's clothing is fit for purpose and that jewellery has been removed. Also ensure that long hair has been securely tied back
- Provide a safe environment at all times, ensuring that apparatus and matting are adequate and left in a fit state for future use
- Develop appropriate physical preparation before teaching a technical move or sequence of movements
- Use an effective cool down period at the end of each session
- Evaluate the effectiveness of the session and the performances of the participants and provide participants with praise and feedback from their performance
- Outline the time, place and basic aim of the next session
- Supervise the dispersal and collection of participants to ensure their safety

In order to protect children in British Wrestling a Safeguarding Policy has been developed which contains guidance for clubs and coaches. The policy is on the British Wrestling website and it is recommended that all coaches familiarise themselves with the contents.

### **3. Equality and Humanity**

The coach must respect the rights and choices of all human beings, treating everyone equally and sensitively regardless of their gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation.

In some cases the need for equality may require unequal effort to ensure that the principle of equality is achieved. For example, a coach who has a learning disability may require additional support when completing their coaching examination.

It is expected that all coaches will abide the BWA's Equality Policy in order that those who wish to participate will have an equal opportunity to do so.

#### **Disability Discrimination Act**

The Disability Discrimination Act 1995 makes unlawful any discrimination on the grounds of a person's disability. Disability is defined as a physical or mental impairment, which has an effect on ability to carry out normal day-to-day activities.

Some people have a disability where adaptations may be required before they are able to take part in wrestling activity. The coach should also be aware if participants have long-term medical conditions such as epilepsy, diabetes or asthma.

As a coach you should consider the participants' specific needs; what they can do as well as what they cannot do and the barriers they face to participation.

There are certain medical conditions that may inhibit participation; coaches are advised to seek advice before attempting to devise a training programme.

### **4. Relationships**

The good BWA Coach is concerned with:

- the relationship between participant and coach should always be based upon mutual trust and respect and this position of trust must not be abused;
- refraining from contact with any young person through social networking sites if they hold a position of trust and/or responsibility in respect of the individual;
- the safety, well being and protection of all individuals in their charge, ensuring that all training and playing demands are not detrimental to the social, emotional, intellectual and physical needs of the individual;
- encouraging independence through guiding athletes to accept responsibility for their own behaviour and performance within training and competition;
- ensuring their behaviour is not misconstrued or open to allegations of favouritism, misconduct or impropriety, particularly where physical contact between coach and performer is necessary within coaching practice;
- ensuring performers and relevant people are aware of their qualifications and experience, respecting the rights of athletes to choose to consent or decline to participate within coaching or competition situations;
- refraining from public criticism of other coaches, or competition officials – the definition of public in this instance means criticism expressed in any branch of the media or in lectures or seminars.

### **5. Confidentiality**

The coach and athlete must reach agreement about what is to be regarded as confidential information.

Confidentiality does not preclude disclosure of information to persons who can be judged to have a right to know. For example:

- evaluation for selection purposes;
- recommendations for employment;
- in matters of disciplinary within the sport;
- in matters of disciplinary action by a sports organisation against one of its members;
- legal and medical requirements;
- recommendations to parents/family where the health and safety of athletes might be at risk;
- in pursuit of action to protect children and young persons from abuse.

### **6. Personal Standards**

BWA Coaches within the coaching/competition environment must not attempt to exert undue influences and pressures in order to obtain personal benefit or reward.

Coaches must display high personal standards that project a favourable image for Wrestling including:

- upholding the standards of good coaching etiquette, through demonstrating punctuality;
- good personal appearance that projects an image of health, cleanliness and functional efficiency;
- coaches should never smoke when in the coaching environment;
- coaches should refrain from drinking alcohol to the extent that it is obvious that they have been drinking, affects their coaching competence or compromises athletes safety;
- use of appropriate language and other behaviour befitting the Coach.

### **7. Integrity**

The good BWA Coach:

- abides by the Rules of Wrestling;
- follows fair play and ethical guidelines;
- ensures all practices are suitable and relevant dependent upon the age, maturity, experience and ability of athletes;
- promotes the prevention and education of the misuse of performance enhancing drugs and illegal substances;
- accurately presents evidence, upon request, details of their training qualifications and service;
- coaches claiming an affiliation, sponsorship or accreditation with any organisation should do so in a truthful and accurate manner;
- all coaches must declare any criminal convictions

**I (name)..... agree to abide by the BWA's Code of Conduct.**

**Signed.....**

**Dated.....**

**Please retain one copy and return the second copy to the BWA**

## 2. Coaches - Responsibilities of Club Coaches in Competitions

- A. Ensure competition entries have been submitted to the Competition Organiser in accordance with the time specified
- B. The Head Coach accompanying athletes to the competition should hold a UKCC Level 2 certificate
- C. It is the sole responsibility of the Head Coach of member clubs to ensure that wrestlers are of an adequate standard commensurate to the competition.
- D. The Head Coach should be in possession of athletes' Personal Information/Consent Forms appertaining to the competition.
- E. Any coach involved in an overnight stay with competitors under the age of 18 years should ensure they are fully conversant with the Safe Sports Events Guide published by the Children in Sport Unit/NSPCC and the B.W.A. Safeguarding Policy.
- F. The Head Coach should ensure that any assistant coaches or accompanying volunteers have been DBS checked
- G. A Club Coach should always accompany wrestlers under the age of 18 to the weigh-in. No such individual athlete will be allowed in the weigh-in room on his/her own.
- H. Coaches accompanying competitors during the actual period of competition must be attired in suitable tracksuit and appropriate sportswear. Such coaches should hold a UKCC Level 2 certificate
- I. Only one coach is allowed in the corner during actual competition)
- J. Coaches should ensure that wrestlers are ready when called to the mat i.e. wearing an UWW approved singlet (predominately red or blue), in possession of a handkerchief, boot laces are taped or covered and that nails are short.. For those wrestlers who wish to wear ear protectors a coach must ensure they are approved by UWW and must not contain any metal or have hard shells.
- K. Coaches should also ensure that a towel is provided for the convenience of their athlete during actual competition
- L. Coaches must ensure good behaviour and discipline of athletes in their care during the course of the competition.
- M. Coaches should ensure that where athletes under the age of 18 are permitted to go outside the competition venue they must be accompanied by an appropriate adult.
- N. Coaches should ensure that the footwear of their athletes is clean at all times particularly where an athlete has been allowed to go outside the venue.

### 3. Athletes

- A. Treat everyone equally and sensitively regardless of their gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation.
- B. Know and abide by the rules and the spirit of wrestling.
- C. Accept the decisions of the match officials without question or complaint (let your team manager or coach ask the necessary questions)
- D. Respect the match officials at all times.
- E. Exercise self-control at all times and do not use illegal or dangerous tactics.
- F. Give maximum effort and strive for the best possible performance during a competition.
- G. Learn to accept success and failure, victory and defeat with humility and dignity respectively and without excessive emotional displays.
- H. Abide by the instructions of the coach and club officials provided they do not contradict the spirit of this code.
- I. Treat your team-mates and opponents, coaches, club and match officials with respect and consideration at all times- treat them, as you yourself would like to be treated.
- J. Do not attempt to improve individual performance by the use of banned substance or banned techniques.
- K. Do not use foul, sexist or racist language at any time.
- L. Be a good sport, applaud all good performance, whether by other team members or by the opponent.
- M. Remember the aim of sport is to have fun, improve your skills and health and feel good.
- N. At the end of the competition thank the officials.

#### 4. Spectators

- A. Remember the competitors are taking part for their enjoyment not yours. They are not professional or international gladiators.
- B. All spectators, on no account, must enter the field of play unless authorised otherwise.
- C. Be on your best behaviour. Do not use foul, sexist or racist language or harass competitors, coaches or match officials.
- D. Verbal abuse of athletes or match officials is not acceptable in any shape or form.
- E. Show respect for opponents and match officials. Without them there would be no wrestling.
- F. Acknowledge good performance and fair play by opponents as well as by your own competitor or team.
- G. Condemn the use of violence in all forms.
- H. Do not ridicule athletes who make mistakes.
- I. Do not overemphasise the importance of winning.

## 5. Parents

- A. Teach your child to treat everyone equally and sensitively regardless of their gender, ethnic origin or cultural background.
- B. Do not force an unwilling child to take part in wrestling.
- C. Encourage your child always to play by rules and to respect match officials.
- D. Young people are involved in organised sport for their enjoyment – not yours.
- E. Never ridicule or shout at your child for making a mistake or losing a match.
- F. Teach your child that effort is as important as victory, so that the result of each match is accepted without undue disappointment.
- G. Support all efforts to remove verbal, physical and racist abuse from wrestling.
- H. Turn defeat into victory by helping young people towards skill improvement and good sportsmanship.
- I. Remember that young people learn best by example.
- J. Do not question publicly the judgement of match officials and never their honesty.
- K. Recognise the value and importance of volunteer coaches and administrators – they give their time, energy and resources to provide recreational activities for your child.
- L. Insist on fair and disciplined wrestling – do not tolerate foul play, cheating, foul, sexist or racist language.
- M. As a spectator you must never enter the field of play.

## 6. Board Members

### 1. Rights – Board Members must:

- respect and support the rights of every individual to take part in wrestling
- help create an environment of enjoyment which is free of fear, discrimination or harassment
- be committed to treating all people fairly and providing equality of opportunity irrespective of age, gender, ability, race, religion, ethnic origin, creed, colour, social status or sexual orientation
- be discreet in the handling of any information about people engaged in Wrestling

### 2. Relationships – Board Members must:

- not engage in any behaviour which constitutes any form of abuse (physical, sexual or emotional), neglect or bullying
- promote the welfare of participants and, in the case of children, discuss with the child, their parents/carers the potential impact of Wrestling on the child
- take action if they have any welfare concerns about any child by following the appropriate procedures
- encourage people to take responsibility for their own development
- communicate fully with people and particularly parent/carers in the case of children, the nature of the Wrestling programme and costs involved

### 3. Responsibilities (Personal Standards) – Board Members must:

- be fair, considerate and honest in their dealings with everyone
- promote an image of a healthy lifestyle whilst participating or volunteering in Wrestling
- display high standards of language and behaviour
- be a positive role model for others
- promote respect for the environment

### 4. Responsibilities (Professional Standards) – Board Members must:

- follow the guidelines of British Wrestling Association for wrestling activities
- be Full Members [Senior Member: Full membership for a person aged 19 years or older] of the BWA and therefore become covered by these codes

### 5. Responsibilities with respect to all forms of bribery: - Board Members must:

- decline any 'facilitation' or 'grease' payments as these are bribes and illegal
- use their best endeavours to ensure that the BWA's agents and other intermediaries, joint ventures and consortia, contractors and suppliers do not make facilitation payments on our behalf.
- decline any offer or receipt of gifts, hospitality or expenses whenever they could affect or be perceived to affect the outcome of business transactions and are not reasonable and bona fide.
- not make direct or indirect contributions to political parties, organisations or individuals engaged in politics, as a way of obtaining advantage in business transactions

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- be discreet in the handling of any information about people engaged in Wrestling

**I can confirm that I have read, signed and agree to abide by the British Wrestling Board Code of Conduct.**

**Name**.....

**Signed**.....

**Dated**.....

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