



NATIONAL COACHING POLICY

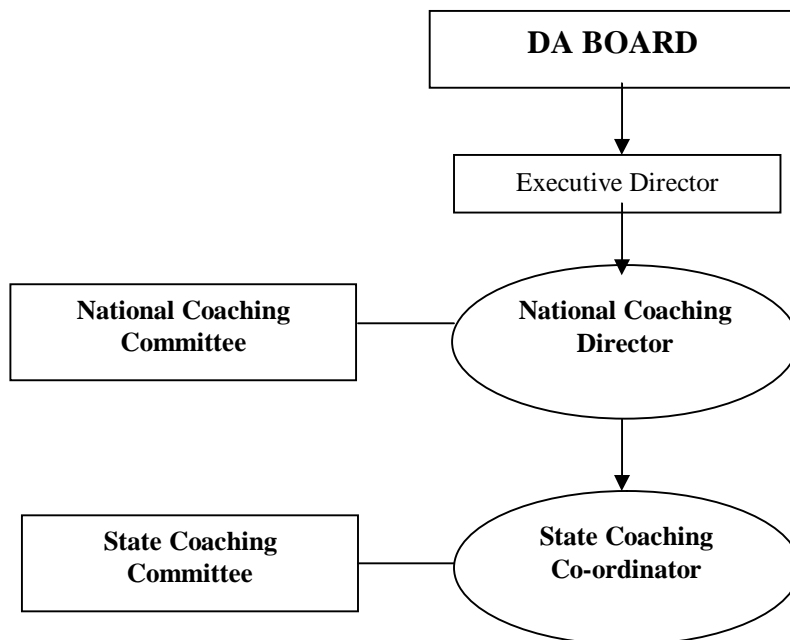
ADOPTED BY THE DA BOARD ON - 2005
Amended 20 March 2006

NATIONAL COACHING POLICY

AIM

To create a National Coaching Program that provides:

- ü An effective system to develop quality coaches at all levels.*
- ü an effective pathway for coaches enabling them to achieve success.*



GOVERNANCE

DA BOARD

The role of the DA Board is to establish strategic direction for the National Coaching Program, to develop and monitor policies and to ensure the Coaching Program's objectives are met.

MANAGEMENT

EXECUTIVE DIRECTOR

The Executive Director has the responsibility for the management and administration of all aspects of the National Coaching Program.

NATIONAL COACHING NETWORK

The National Coaching Network is made up of the National Coaching Committee, National Coaching Director, State Coaching Co-ordinators and State Coaching Committees and includes coaches at all levels.

NATIONAL COACHING COMMITTEE (NCC)

Role

The role of the National Coaching Committee is to:

- § Develop policy recommendations for ratification by the DA Board concerning the implementation of the National Coaching Program and achievement of objectives outlined in the DA Strategic Plan
- § Review the NCC Strategic Plan and ensure the strategies are efficient and effective
- § Ensure the National Coaching Program meets the requirements of all stakeholders

Membership

The NCC to consist of:

- § National Coaching Director (Chair)
- § 2 x Member Association Representatives
- § Executive Director (ex officio)

Committee Members to be appointed by the DA Board.

Members of the NCC will be appointed for a term of 2 years, which shall commence six weeks after the AGM until six weeks after the conclusion of the second AGM.

Meetings

- § The National Coaching Director will chair all meetings of the NCC
- § The NCC shall meet at least once per year and liaise at other such times as required for the efficient management of the program

Reporting

- § The NCC will report to the DA Board, as appropriate, on the nature of its activities.

Spokesperson

- § The spokesperson for the NCC shall be the National Coaching Director.

NATIONAL COACHING DIRECTOR

The National Coaching Director (NCD) has a pivotal role in the development, implementation and management of the National Coaching Program in consultation with the NCC and ED.

The National Coaching Director is appointed by the DA Board must not hold a similar position in a Member State.

Operational

- § Chair the NCC
- § Oversee the National Coaching network
- § In co-operation with the National Coaching Committee, National Coach and when appropriate the High Performance Program Coaching Panel, develop high standard, quality coaching accreditation courses at all levels
- § Plan and conduct coach education workshops for coaches at all levels
- § Oversee the development of high quality resources for coaches
- § In co-operation with the DA Office, work with SCCs to develop effective working relations with appropriate State Diving Associations, liaising with them to ensure a co-ordinated national approach
- § In conjunction with DA Office, manage DA coaching database

STATE COACHING CO-ORDINATOR (SCC)

The State Coaching Co-ordinator (SCC) under the direction of the National Coaching Director has a significant role in the implementation and management of the National Coaching Program at the state level.

The NCC will appoint the State Coaching Co-ordinators in consultation with the State Diving Association.

Operational

- Oversee the State Coaching network
- Work with the NCD to ensure a co-ordinated national approach to coach accreditation and education
- Co-ordinate Level 1 accreditation courses in own state in line with Diving Australia guidelines
- In accordance with the DA plan and state association strategic plans, conduct coach education workshops for Level 1 coaches
- Submit yearly plan to NCD
- In conjunction with DA Office and NCD, maintain DA coaching database

NATIONAL COACHING PROGRAM

STRUCTURE & PATHWAY

The NCP operates at four levels:

- Level 1 - Learn to Dive/Club Coach/State Championships/Age Championships
- Level 2 - State Championships/Australian Age & Elite Junior Championships /Open Championships
- Level 3 - Australian Elite Junior & Open Championships/International Competition
- Level 4 - International Competition/Olympic Games

The pathway for coaches is as follows:



There are three components to the National Coaching Program:

1. Accreditation – “program to acquire coaching skills & knowledge”
2. Education - “reinforcement and updating of knowledge of the skills, rules, equipment and other requirements of diving”
3. Evaluation - “monitoring of effectiveness of program”

CONSIDERATION FOR NCAS ACCREDITATION

All coaches applying for NCAS accreditation must:

- § Be a member of Diving Australia (DA)
- § Have up to date coaches public liability and indemnity insurance
- § Comply with all requirements of DA Member Protection Policy

AGE REQUIREMENTS

NCAS accreditation candidates must be 16 years or over at the completion of all NCAS Level 1 course requirements

Members of Diving Australia who are under the age of 16 years may be permitted to coach under the following circumstances:

- § Must have up to date coaches public liability and indemnity insurance
- § Must be under the supervision and responsibility of an experienced, senior, NCAS accredited coach with a minimum Level 2 accreditation
- § May only assist in coaching at the Learn to Dive level
- § Must work to a program prepared by the supervising coach
- § May only operate as an assistant coach, ie. may not run an independent squad

Under exceptional circumstances an underage coach may be considered for NCAS accreditation. Applications for special consideration must be made in writing to the National Coaching Director providing details of qualifications, coaching experience and include recommendations from the State Coaching Co-ordinator. The applicant may also be required to submit to an independent assessment by an experienced NCAS accredited coach nominated by the NCC.

COACHING PROFILES

NCAS LEVEL 1 COACH

PERFORMANCE LEVEL

- Club
- School Programs
- State Championships
- Australian Age Championships

RECOMMENDED MINIMUM COACHING HOURS

- 2 hours/ week
- 10% dry land

COMPETENCIES

A Level 1 NCAS accredited coach must be able to demonstrate ability to:

Technical

- § teach basic diving skills through progressive stages
- § teach the principles of core stability and body alignment
- § teach basic sequence of movement for springboard forward approach, hurdle, arm swing and take-off
- § integrate springboard take-offs with basic jumps and dives
- § teach basic sequence of movement for platform approach, hurdle, arm swing and take-off
- § integrate platform take-offs with basic jumps and dives
- § teach basic take-offs in all directions both springboard and platform
- § demonstrate an understanding of how rotations are initiated, how and when balance shifts for the basic somersault dives in all directions
- § teach correct technique to ensure dives are correct and safe distance from the board
- § teach correct aerial positions – straight, pike and tuck
- § teach the use of visual spotting to enhance diving performance and effect correct entries
- § teach five basic dives and somersaults – forward, backward, reverse, inward and twisting
- § teach clean entries including the influence of body position in the success of entry
- § teach basic hand stand technique and body alignment

DryLand

- § demonstrate a thorough knowledge of the dry land equipment available and the safe use of such equipment
- § teach basic diving techniques in dry land
- § carry out hand spotting for basic forward, backward, inward and reverse somersaults
- § integrate dry land training into programme to enhance diving performance
- § develop fun games for young divers using dry land equipment
- § use dry land facilities for basic strength and
- § demonstrate a knowledge of basic harness training for simple dives

Planning

Periodisation

- § plan training session to maximise divers' participation in session

Safety

- § conduct safety checks on all equipment to be used in a training session
- § recognise and act on general safety issues to ensure safe environment for diving
- § demonstrate an understanding of safe and unsafe techniques
- § implement strategies to reduce the risk of injury during training sessions

Communication

- § analyse dives and provide appropriate feedback to and process feedback from athlete

Etiquette Of Diving

- § teach divers appropriate etiquette during training sessions including safe use of the boards
- § work harmoniously with other personnel on pool deck or in dry land facility including other coaches, parents, other athletes
- § demonstrate a sound knowledge of the Diving Australia Code of Ethics Agreement
- § understand coach responsibility to athlete development and recognise when athletes need a higher level of coaching

NCAS LEVEL 2 COACH

PERFORMANCE LEVEL

- § State Championships
- § Australian Age Championships
- § Australian Elite Junior Championships
- § Australian Open Championships

RECOMMENDED MINIMUM COACHING HOURS

- § 8 hours per week
- § 25% Dry Land

COMPETENCIES

A Level 2 NCAS accredited coach must be able to demonstrate ability to:

Technical

- § recognise poor core stability and integrate drills/exercises into programme to rectify
- § teach proper body alignment; identify and correct poor alignment and consolidate stability
- § link core stability and body alignment to principles of biomechanics
- § link skills in proper sequence of movements as they apply to basic and optional dives
- § teach proper take-off technique for multiple rotations on springboard
- § demonstrate thorough understanding of differences in diving from 3m platform through 5m, 7m to 10m
- § teach skill progressions/build-ups to safely advance divers to higher platforms
- § recognise when diver is ready to perform a more advanced skill/dive
- § safely and efficiently use bubbler in learning new dives and progressing divers to higher platforms
- § teach correct take-off technique for initiation of multiple rotation dives on springboard and various platforms
- § teach correct take-off techniques for initiation of multiple twists on springboard and platform
- § teach correct aerial position and timing for multiple rotation and twist dives including twisting “in” and “out”, squaring out and resuming somersaulting
- § detect faults and provide instruction to adjust technique in multiple rotation and multiple twist dives

- § teach principles of correct entry technique including saves, come-outs and rip entries
- § introduce synchronised diving including selection of partners, timing, synchronisation and adjustment of techniques

Dry Land

- § understand the importance of dry land training in a diving programme
- § integrate dry land training into diving programme
- § efficiently and safely execute hand spotting techniques for multiple somersaults in all four directions
- § safely use trampoline & harness/dry board & harness techniques for forward, inward, backward and reverse dives up to double somersault
- § demonstrate efficiency in kipping and spotting techniques using harness
- § utilise dry land training to build up confidence in preparation for new dives

Sports Science/Medicine

Strength and Conditioning

- § demonstrate an understanding of the importance of flexibility training in a diver's training programme
- § provide appropriate flexibility exercises for the key body parts for junior divers
- § provide a variety of strength exercises to develop strength in the key body parts for junior divers
- § periodise a strength and conditioning programme complement diving competition season
- § implement strategies to increase injury prevention
- § integrate recovery strategies into diving programme
- § develop an appropriate strength and conditioning programme for Junior Age and Elite Junior divers to complement diving programme including dryland training

Psychology

- § understand basic personality types
- § assist athletes set appropriate goals
- § develop mental strategies for competition
- § implement strategies to encourage divers to take responsibility for selves
- § develop practical strategies to assist divers overcome fear – of new dives, of higher platform, of competition

Biomechanics

- § understand and utilise the principles of biomechanics including centre of gravity, action/reaction, moment of force and angular momentum
- § relate these principles and their effects to take-offs for various dives, rotations and twists

Planning

Periodisation

- § periodise yearly training programme into pre-competition, competition and transition phases, and including strength and conditioning, recovery and sports science/sports medicine

Management

- § demonstrate organisational skills needed to administer all aspects of a diving team
- § manage diving programme in a professional manner and exhibit professional personal behaviour
- § exhibit a thorough understanding and awareness of safety measures to ensure safe environment
- § exhibit an thorough understanding of the Diving Australia Coach's Code of Ethics Agreement and the legal implications of impropriety
- § source professional assistance
- § exhibit a thorough knowledge of the Diving Australia Anti Doping Policy

NCAS LEVEL 3 COACH

PERFORMANCE LEVEL

- § Australian Open Championships
- § World Junior Championships

COURSE PRE-REQUISITES

- § Be 22 years or over
- § Hold NCAS Level 2 Accreditation for minimum of 4 years
- § Be actively coaching a minimum of 8 hours per week
- § Be currently coaching both open and elite junior divers
- § Have consistently coached divers to Australian Elite Junior Championships
- § Be a financial member of Diving Australia Inc
- § Hold current First Aid Certificate through approved provider
- § Hold Level 2 General Principles Certificate
- § Comply with relevant state/territory child protection legislation

Credit will be given for athletes accepted into AIS or SIS/SAS squads

RECOMMENDED MINIMUM COACHING HOURS

- § 25 hours per week
- § 25 % dry land

COMPETENCIES

A NCAS Level 3 accredited coach must be able to demonstrate:

Technical

- § application of sequential movement for platform approach and takeoffs
- § knowledge of and proficiency in coaching finer points of posture, body position and body alignment for high DD dives
- § understanding of techniques for take-offs for high DD dives to ensure high speed action through dive
- § knowledge of initiation of rotations and twists for high degree of difficulty dives
- § ability to progress diver to high degree of difficulty dives
- § ability to provide training for spotting for platform dives including multiple rotations and twists

- § ability to assist divers achieve accurate kick-outs in high DD dives (e.g., 107B) and knowledge of how to control body for entries for high DD dives
- § ability to teach sequence of movement for a range of armstand dives

Dry Land

- § understanding of importance of integration of dry land training with complete training programme
- § ability to utilise dry land techniques to enhance divers' progression to high DD dives including multiple rotations and twists
- § proficiency in the use of water harness to enhance divers' performance
- § proficiency in use of twisting belt

Sports Science/Sports Medicine

- § an understanding and practical implementation of principles of biomechanics for multiple rotations and twisting
- § use of video analysis to identify poor technique, faults and weaknesses and to provide accurate feedback to athletes

Strength and Conditioning

- § understanding of fitness testing and what it provides
- § integration of fitness test information into diving programme
- § use of strength and conditioning to enhance performance of elite athletes
- § use of strength and conditioning in injury prevention
- § use of strength and conditioning in injury rehabilitation
- § ability to develop and implement an appropriate strength and conditioning programme for national open and national junior divers
- § understand the principles of recovery and incorporate recovery into elite training programme

Psychology

- § ability to develop and implement mental skills for international competition
- § ability to implement mental skills for injury prevention and rehabilitation
- § ability to identify personal distractions and implement strategies to deal with them
- § ability to instill winning ethos
- § ability to coach divers to medal winning performances

Nutrition

- § knowledge of principles of good nutrition for elite divers and ability to provide counsel

Planning

Periodisation

- § ability to develop a periodised training programme integrating the national programme for national junior and open divers
- § ability to develop and implement yearly plan integrating all components of sports science/sports medicine
- § ability to develop a 2 year periodised training programme integrating national programme, Junior World Championships and World Cup for national junior and open divers

- § functional training for national junior and open divers. Integration of dry land, strength and conditioning, psychology, core stability and water training
- § understanding and utilisation of athlete training diaries
- § thorough knowledge and understanding of National Selection Policy

NCAS LEVEL 4 COACH

PERFORMANCE LEVEL

SIS/SAS Coach or equivalent

RECOMMENDED MINIMUM COACHING HOURS

- § 25 hours per week

COMPETENCIES

A NCAS Level 4 accredited coach must be able to demonstrate:

- § ability to develop and implement four year periodised training program (Olympiad) incorporating all phases of preparation (technical, physical, competitive, preparation, psychological, strength and conditioning, recovery)
- § demonstrate high level of expertise in analysis of body shaping, body positioning and alignment
- § implement program of sequential movement to achieve maximum use of force
- § implement video analysis using principles of physics and biomechanics
- § advanced use of harness, including water harness, to teach highly technical dives
- § equal competency in springboard and platform coaching
- § competency in preparation of elite athletes for international competition
- § ability to implement recovery techniques for elite international program
- § appropriate nutritional preparation for elite international divers
- § ability to prepare divers psychologically for elite international competition including dealing with injury and personal distractions

LEGEND

COURSE PRE-REQUISITES

- § Minimum of 55 years of age
- § Minimum 20 years consistent coaching experience
- § Minimum of Level 2 accreditation

RECOMMENDED MINIMUM COACHING HOURS

- § No hours required

COMPETENCIES

- § A Diving Australia Legend is recognised as having given at least 20 years coaching service to Diving Australia and its forerunner the Australian Diving Association
- § Diving Australia Legends have attained distinction through their coaching achievements and their contribution is highly valued by Diving Australia

§ Diving Australia Legends have reached a high level of coaching ability and accreditation and have worked with Diving Australia's elite athletes

ACCREDITATION SCHEME

NCAS LEVEL 1 ACCREDITATION

Responsibility:

Course Coordination - State Coaching Coordinator
Technical Expertise – SIS/SAS or equivalent coach

Pre-requisites:

Aged 16 years and above
Level 1 General Coaching Principles Certificate
Comply with relevant state/territory child protection legislation
Financial Member of Diving Australia
Current First Aid Certificate

Course:

12 hours – diving specific
6-8 modules

Complete accreditation:

50 x supervised hours
Level 1 knowledge assessment

OR

Recent National Squad athletes may be eligible to receive Level 1 accreditation. Applications will be considered by the NCC. Such athletes must have successfully completed a Level 1 General Principles course and must undertake 50 hours supervised coaching under the direction of a Level 2 or higher accredited coach.

NCAS LEVEL 2 ACCREDITATION

Responsibility:

Course Coordination - National Coaching Director
Technical Expertise – SIS/SAS or equivalent coach

Pre-requisites:

Aged 18 years and above
Level 1 NCAS coaching accreditation
Level 1 General Principles Certificate
Have held NCAS Level 1 Accreditation for a minimum of 2 years
Have been actively coaching for a minimum of 2 years
Consistently coach divers to Australian Age Championships
Hold a Basic Dry Land Certificate
Comply with relevant state/territory child protection legislation
Financial Member of Diving Australia
Current First Aid Certificate

Course:

Min 25 hours – 50% practical
10-12 modules

Complete accreditation:

Level 2 knowledge assessment
50 hours coaching practice to be carried out under the supervision of a senior, experienced Level 2 NCAS accredited coach, or higher, approved by NCC.
Coaching practice must include 5 hours platform, 5 hours dry land and 5 hours general coaching under direct, one to one supervision.
Assessment over 12 month period following course completion.

NCAS LEVEL 3 ACCREDITATION

Responsibility:

Course Coordinator - National Coaching Director
Technical Expertise – National Coach/Level 4 accredited coach

Pre-requisites:

Aged 22 years and above
Level 2 NCAS coaching accreditation
Level II General Coaching Principles Certificate
Actively coaching for a minimum of 4 years
Comply with relevant state/territory child protection legislation
Financial Member of Diving Australia
Current First Aid Certificate

Course:

30-40 hours
12-15 modules

Complete accreditation:

Two assessments of programme and practical coaching by HPP
Results at Australian Elite Junior and Australian Open Championships

NCAS LEVEL 4 ACCREDITATION

Responsibility:

National Coaching Director

Pre-requisites:

Aged 32 years or over
Level 3 NCAS coaching accreditation
Minimum of 10 years continuous coaching at Level 3 or international equivalent
SIS/SAS coach or equivalent
Financial member of Diving Australia Inc
Comply with relevant state/territory child protection legislation

Complete accreditation:

Applications for Level 4 NCAS coach accreditation to be made in writing to the NCD to be considered by the NCC.

PROCESS FOR ACCREDITATION

NCAS LEVEL 1 ACCREDITATION

- § Application forms to be completed and submitted by due date to State Association Office with copies of certificates of required courses
- § SCC to check eligibility and pre-requisite details
- § SCC to submit course details to DA for approval
- § Course fees to be paid
- § Applicant to attend all sessions of course
- § Level 1 Knowledge Assessment completed and 80% pass rate achieved
- § Coaching practice successfully completed. Supervised hours checked by SCC
- § NCAS Accreditation Fee paid
- § Accreditation submitted to ASC for NCAS registration
- § NCAS advises coach of registration

NCAS LEVEL 2 ACCREDITATION

- § Application forms to be completed and submitted by due date to DA Office with copies of certificates of required courses
- § DA Office/NCD to check eligibility and pre-requisite details
- § Course fees to be paid
- § Applicant to attend all sessions of course
- § Level 2 Knowledge Assessment completed and 80% pass rate achieved
- § Coaching practice successfully completed
- § NCAS Accreditation Fee paid
- § Accreditation submitted to ASC for NCAS registration
- § NCAS advises coach of registration

NCAS LEVEL 3 ACCREDITATION

- § Application forms to be completed and submitted by due date to DA Office with copies of certificates of required courses
- § DA Office/NCD to check eligibility and pre-requisite details
- § NCC to assess application
- § Applicant advised of outcome
- § If approved, course fees to be paid
- § Applicant to attend all sessions of course
- § Level 3 Assessments completed to satisfaction of NCD
- § Monitoring Program to be evaluated by NCD
- § NCAS Accreditation Fee paid
- § Accreditation submitted to ASC for NCAS registration
- § NCAS advises coach of registration

NCAS LEVEL 4 ACCREDITATION

- § Applications for Level 4 NCAS coach accreditation submitted to NCD for consideration by NCC.
- § NCAS Accreditation Fee paid
- § Accreditation submitted to ASC for NCAS registration
- § NCAS advises coach of registration

UPDATING PROCEDURES

NCAS LEVEL 1 COACH

To be eligible to update a Level 1 accreditation a coach must:

- § Be coaching a minimum of 75 hrs/yr over the four year period
- § Attend a minimum of two State or National coaching clinics over the four year period
- § Undertake sports related activities to acquire 10 points (See DA Updating Policy)

All details of above are to be provided to the **State Coaching Coordinator** for approval and accreditation update.

NCAS LEVEL 2 COACH

To be eligible for updating a Level 2 accreditation a coach must:

- § Be coaching a minimum of 300 hrs/yr over a four year period (6 hrs/wk)
- § Coach at State Championships each year
- § Have coached at Australian Age Championships at least once over a four year period
- § Attend at least two diving clinics conducted by DA over four year period
- § Produce and submit yearly training program for Australian Age competition divers
- § Submit documentation to show improvement in divers' results compared to previous year
- § Submit documentation to show increase in divers' DD and dive list

All details of above are to be provided to the **National Coaching Director** for evaluation and accreditation update.

NCAS LEVEL 3 COACH

To be eligible for updating a Level 3 accreditation a coach must:

- § Be coaching at least 20 hours per week
- § Coach at Australian Elite Junior and Open Championships each year
- § Submit documentation to show improvement in divers' results compared to previous year
- § Submit documentation to show increase in divers' DD and dive list
- § Attend annual National Coaching Clinic
- § Submit annual training plan for elite divers to NECP or DA Coaching Committee

All details of above are to be provided to the **National Coaching Director** for evaluation and accreditation update.

NCAS LEVEL 4 COACH

To be eligible to update a Level 4 accreditation a coach must:

- § Coach continuously at SIS/SAS level
- § Attend as coach a minimum of one international event per year
- § Regularly achieve top 6 placings at junior and open international competitions
- § Maintain or improve world rankings
(Retirements and development cycles will be taken into account)
- § Undertake a professional development plan

Application to be made to National Coaching Director for updating.

LEGEND

No updating required.

RESOURCES

Level 1:	Course Syllabus Coaching Manual CD ROM
Level 2:	Course Syllabus FINA Coaching Manual CD ROM
Level 3:	Course Syllabus FINA Coaching Manual
Dryland:	Course Syllabus Coaching Manual CD ROM

EVALUATION PROCEDURES

- § Evaluation forms to be distributed following conclusion of all NCAS Coach Accreditation Courses and Coach Education Workshops.
- § Annual coach survey to be conducted

DA COACHING DATABASE

Diving Australia will maintain a database of all coaches which will be managed by the DA Office with the assistance of the NCD and SCCs and will include:

- § Membership details
- § Level of coach
- § Record of courses attended
- § Record of results
- § Other information

Levels 1 will be co-ordinated by the SCCs.

Levels 2, 3 and 4 will be co-ordinated by the NCD.

BEHAVIOUR

In addition to Diving Australia's Member Protection Policy, as a coach appointed by Diving Australia, a Member State or a State Affiliate you must meet the following requirements in regard to your conduct during any activity held by or under the auspices of Diving Australia, a Member State or a State Affiliate:

1. Respect the rights, dignity and worth of every human being regardless of age, gender, ethnic origin, religion or ability.
 - Refrain from any discriminatory practices on the basis of age, gender, religion, ethnic origin or ability of divers.
2. Endeavour to ensure the diver's time spent with you is a positive experience.
 - Respect the talent, developmental stage and goals of each individual diver.
3. Treat each diver as an individual and help them reach their full potential.
 - Provide training programs that are planned and sequential and suitable for the age, experience and ability of the divers.
4. Be fair, considerate and honest with divers.
 - Be reasonable in your demands on your divers' time and ensure there is an appropriate balance between sporting involvement, education and career objectives.
 - Implement clear rules for divers in training and general conduct.
5. Be professional in your appearance and manner and accept responsibility for your actions.
 - Display high standards in language, manner, punctuality, preparation and presentation.

- Display control, respect, dignity and professionalism to all involved with diving (including opponents, coaches, officials, scorers, administrators, the media, parents, and spectators) and encourage your divers to demonstrate the same qualities.
6. Make a commitment to providing a quality service to your divers, your State Affiliate, State/Territory and Diving Australia, by continually improving your coaching knowledge and skill.
 - Maintain and improve your NCAS accreditation.
 - Seek continual self-improvement through performance appraisal and ongoing education.
 7. Operate within the rules and spirit of the sport.
 - Abide by and respect the by-laws governing diving and sport generally and the organisations and individuals administering those by-laws.
 - Reject the use of performance enhancing drugs in sport and abide by the by-laws of the relevant national and international sporting organisations and government regulatory bodies.
 8. Ensure physical contact with divers is appropriate to the situation and necessary for the diver's skill development.*
 - Inappropriate physical contact is a form of sexual harassment.
 9. Refrain from any form of personal abuse towards your divers.*
 - This includes verbal, physical and emotional abuse.
 10. Refrain from any form of sexual harassment towards your divers.*
 - This includes explicit, implicit, verbal and non-verbal sexual harassment.
 - Refrain from initiating a relationship with a diver and also discourage, in a sensitive manner, an attempt by a diver to initiate a sexual relationship with you.
 11. Provide a safe environment for training and competition.
 - Ensure that equipment and facilities meet safety standards and are appropriate for the age and ability of the divers.
 12. Show consideration and caution towards sick and injured divers.
 - Provide a modified training program where appropriate.
 - Allow further participation in training and competitions only when appropriate.

- When necessary, follow the advice of a reputable doctor or physiotherapist when determining when a sick or injured diver is ready to recommence training or competition.

13. Be a positive role model for diving and your divers.

* Adapted from the Code of Conduct of the Australian Coaching Council.