

## 香港閃避球總會教練守則

教練在不同場合，擔當不同的角色，有如運動員的老師、模範、顧問、家長及訓練員等；而優秀的教練能使運動員在參與過程得到正確體驗，培養良好的體育精神。香港閃避球總會為了提高教練的水平，特別制定了一套教練守則，讓教練遵從：

1. 看待每一運動員為獨立個體，幫助運動員發揮其天份。
2. 提倡公平競賽，尊重他人
3. 接受香港閃避球總會所釐定的規則條文及精神。
4. 讓運動員明白運動的益處，並鼓勵終身參與運動。
5. 確保訓練方法、環境、運動器材及設施達安全標準
6. 確保訓練及比賽符合運動員的年齡及體能。
7. 維持運動員的興趣及提升他們對運動的熱愛。
8. 以身作則，樹立正面專業的榜樣。
9. 避免作出騷擾及歧視行為，包括性騷擾，種族及傷殘歧視。
10. 充實有關教練的新知識，提高個人水平。

### Hong Kong Dodgeball Association Coaches' Code of Conduct

Coaches serve a number of important roles such as teacher, role model, mentor, guardian and trainer. Good coaches provide athletes with positive experiences in sports participation and help nurture sportsmanship. In order to ensure the quality of coaches, Hong Kong Dodgeball Association has formulated a Code of Conduct for coaches to follow: -

1. Treat each athlete as an individual and help him/her to reach full potential.
2. Promote fair play and show respect for others.
3. Accept both the guidelines and the spirit of the rules that defined and governed by Hong Kong Dodgeball Association.
4. Let athletes know the benefit of the sport and encourage them to participate in the sport throughout their lives.
5. Ensure the safety of training method, venue and equipment.
6. Ensure trainings and competitions are suitable for the age and fitness level of the athletes.
7. Maintain athletes' interest and promote their enthusiasm towards the sport.
8. Set a positive and professional image as a Coach and always lead by example.
9. Avoid any form of harassment towards your athletes. This includes harassment on sex, race and disability.
10. Keep up with the latest coaching techniques and seek continual improvement