



St. Thomas Express Volleyball Club Coaches' Code of Conduct

OUR MISSION

St. Thomas Express is an athlete-centred club where dedicated volunteers provide leadership in the growth and development of volleyball for all players in Elgin County by focusing on teaching two things: Joy and Technique.

As a coach with the St. Thomas Express Volleyball Club, all coaches will demonstrate the following characteristics in word and in deed both to the letter and the spirit in which they are intended. It is to be noted that while we coach athletes, the majority of them are under 18 years of age, and thus, are children.

1. Respect

- a. Integrity - You are a role-model. Maintain and demand a high moral standard at all times. E.g., in public and online.
- b. Dignity - There are many ways to correct technique and behaviour. Seek the ones that best suit the individual. This will allow players to maintain their dignity while allowing you to earn their respect. The use of profanity, slurs, jokes/sarcasm deemed to be inappropriate by any coach and/or manager may result in automatic expulsion from the club.
- c. Equality of opportunity - Regardless of gender, race or religion, all players should have the same opportunities. This includes your attention and time while training as well as play time during competitions as per OVA rules.
- d. Trust - Consider requested confidentiality but recognize when situations are above your level of intervention and seek the appropriate assistance.

2. Professionalism

- a. Competence - seek regular (i.e., annual) professional development and/or certification. Use age appropriate on-line resources (some provided by the club). Understand your limits and only coach things for which you are qualified.
- b. Clothing - Wear sanctioned Express gear at all training and competitions. Professionalism should guide your decisions.

- c. Relationships - Athletes are NOT our friends. (Maybe 10 years from now.) While you may be friendly, any action deemed to be sexual (by you or by a player) should NOT be initiated or encouraged. (incl. on-line) It is highly recommended that you NEVER find yourself alone with an individual player. Reports of inappropriate touching brought to the attention of the board or staff, including other coaches, will be reported to the police. It is highly recommended to NEVER touch an athlete. [OVA RULE OF 2 explained.](#)
- d. Substance (ab)use - Children (our athletes) should NEVER be encouraged to use alcohol, tobacco, vapes or drugs of any kind. They should NOT be permitted to use the above when representing the club. Coaches' use of the above could be considered "implicit encouragement" and thus, refraining from using them while representing the club is highly recommended. Failure to do so might result in sanctions against you.
- e. Social Media - Express provides a **Sports Engine** to facilitate professional and appropriate communication between players, coaches and parents. Coaches are discouraged from using other platforms and/or maintaining private relationships with athletes on-line. I.e., accepting or initiating requests to "friend" athletes. Coaches are also encouraged to align their on-line presence with club values. I.e., Be mindful of political, sexual, illegal material and its impact on the club.
- f. Communication - Frequent and transparent communication with players, parents and the club is not only desirable but helpful in reducing problems. "It's better to apologize than to ask permission" is NOT a good mantra here.

Club site: www.expressvc.ca

[Connect for coaches](#): All kinds of great resources.

[Art of Coaching](#): We have a club PREMIUM membership. Ask Dennis for details.

Extra equipment: Contact Dennis.

Need extra gym time? (avail. But not guaranteed): Contact Marg.

Fundraising/Sponsorship solicitation: Encouraged and guided by a policy. [Click Here](#)

Extra events: Attending matches at UWO and/or Fanshawe is strongly encouraged. Contact them ahead of time for deals.

Need help planning/running a practice/season? Ask! Start with Dennis, but we have many experienced coaches who are willing to help. As the TD, Dennis will attend your practices from time to time regardless.

Completed a course or need reimbursement? Click here: <https://www.expressvc.ca/expenseform>

General FYI for coaches

Always ask the board for permission before doing anything that seems beyond your realm as a coach. We are here to support and guide you.

Updated: Aug. 2023