

MRC COACHING GUIDELINES

BE A GOOD ROLE MODEL: Coaches always need to be a good role model for both players and parents. Promote good sportsmanship and self esteem. Always treat your players, parents and game officials with respect and dignity.

AVOID ABUSIVE SITUATIONS-

- 1) **VERBAL:** Coaches should refrain from any type of name calling, hurtful comments regarding a player's ability or physical nature or any comments meant to demean a player's integrity. Coaches should also refrain from yelling and screaming at players while they are on the field of play, small tactical statements are acceptable but never choreograph the play. Let them be creative.
- 2) **Physical:** Coaches should never use any type of hurting touch or by actions purposely cause physical pain to a player on his team or another team. Coaches must be aware at all times that they should refrain from discussing or implying to a player or a coach to purposefully cause harm or an injury to another player. Coaches should never be overly physical beyond what is necessary for handling, and teaching.
- 3) **SUBSTANCE:** As a good role model a coach should refrain from discussing even in jest about the use of drugs, alcohol and tobacco products while players are present. Nor should a coach ever use drugs, alcohol or tobacco while players are present. If a coach suspects a player is using a substance the coach should immediately notify the player's parent(s) and turn the player over to them. It is illegal for coaches to provide drugs, alcohol or tobacco products to minors any coach doing so is subject to criminal prosecution.
- 4) **SEXUAL:** Coaches should never touch or fondle the player's genital, groin, buttocks and breast areas. If a coach needs to show a player a skill that involves touching the player it needs to be done in a manner so as to avoid any of these areas. Touching the player to teach a skill should only be done with the player's permission. A player's resistance to touching must be respected at all times and can be influenced by many factors. Coaches should refrain from hugging players especially from the front or behind and never below the shoulders. A high five will need to be sufficient. Coaches should never make implicit or explicit sexual comments or any type of sexual references to players or parents. A coach should never be alone with a player under any circumstance a second adult (**TWO DEEP RULE**) always needs to be present. If a coach has a situation where the coach needs to talk privately with a player it can be done out of ear shot but never out of a sight line of other adults. Both the player and coach must be visible to other adults at all times. A coach must always respect a player's personal privacy and space especially when it comes to toileting, showering and changing clothes. It is the adult's responsibility to set and respect boundaries. If a player attempts to involve a coach in inappropriate behavior then the adult must reject the overture.
- 5) **FALSE ACCUSATIONS:** Coaches should take precaution to protect the players from any possible abuse and to protect themselves from misunderstandings or accusations.
- 6) **REPORTING:** Coaches that suspect abuse should immediately notify both child welfare authorities and the MRC President.

DISPENSING: Coaches should never dispense medical products to players even if they are over the counter products such as Tylenol, Motrin, Advil or even Aspirin is prohibited. If a players parent provides a player with a needed item such as an inhaler or some other medicine the parent needs to alert the coach of its presence. If the player needs or requests the item during the event the coach may provide the item for the player but may not administer the item. Only the player, player's parent or a medical provider may do so.

SNACKS: Coaches should refrain from taking part in or dispensing snacks to players. A coach may appoint a players parent to address this as a team parent with the other players parents. The coaching staff should not be a part of organizing or providing snacks for players nor should they distribute them to players. If your team parents do provide snacks insist on the snacks being nutritious and the snack provided by the parents should be in consideration of any player that has a food allergy.

TRANSPORTATION: The MRC strongly discourages coaches from providing transportation to and from MRC activities. If a coach does provide transportation another adult (**TWO DEEP RULE**) should always be in the vehicle at all times. If a coach has his son or daughter in a vehicle along with one of his players the coach is considered alone with the player.

SOCIAL MEDIA: Coaches should not hold private conversations or exchange videos, articles or pictures (especially vacation or suggestive poses) with any players via social media such as texting, Twitter and Facebook. Teams can have a team website or team page that both the players and parents are members. Any exchange of information on the site should be in a manner that any question and response or announcement is visible to all users as it was sent. Any exchange of videos, pictures or articles on the site should be sport related. Safeguards need to be put in place to insure outside parties do not have access to any of these sites. A coach should never "**friend**" a player to a personal account such as a Facebook account. Social media is the most widely used tool for child predators and all coaches need to be cognizant of that fact.

INJURIES: Coaches have a responsibility to insure a safe playing area for all the players by inspecting the area prior to use. Coaches need to take into account environmental conditions such as lightning, physical conditions such as equipment like goals or structures near the playing area and player conditions such as proper equipment, attire. If an injury does occur the coach(s) need to follow the guidelines and protocol set forth by the MRC and the particular sport.