

COACHING STANDARDS OF PROFESSIONALISM



In addition to the U.S. Figure Skating Rulebook and U.S. Figure Skating policies, this Coaching Standards of Professionalism applies to all U.S. Figure Skating Coaches and Learn to Skate USA® Instructors and Directors in activities hosted, supported, sponsored, or engaged in by U.S. Figure Skating or Learn to Skate USA® including but not limited to competitions, exhibitions, training camps, and practice sessions.

EXCELLENCE: HIGHEST STANDARDS IN ALL ENDEAVORS.

- Coaches will take an athlete-first approach to assist with forming goals and expectations that are realistic with consideration to the ability, age, resources, and experience of the athlete.
- Coaches must strive to maintain high standards of excellence in their work by striving to stay current with any pertinent information that affects the training and preparation of an athlete.
- Coaches must understand the limits of their own knowledge and capacity and will not use methods and techniques or accept coaching responsibilities that they are not qualified for through education, training and/or expertise. Additionally, head coaches must understand the expertise of their coaching staff and assign responsibilities accordingly.
- Coaches will be cognizant of their actions and maintain a high level of professionalism and self-awareness when having in- and out-of-program interactions with Participants.

INTEGRITY: HONESTY AND OPENNESS IN ALL WE DO.

- Coaches must always be truthful, accurate, clear, and honest concerning their coaching qualifications, work activities, personal and organizational affiliations.
- Coaches will strive to set an example of exemplary ethical and moral conduct in all interactions with individuals involved in the sport and will keep their professional word, both written and verbal.
- Coaches must educate themselves on the policies and requirements of USADA and WADA.
- Coaches will abide by and be compliant with all U.S. Figure Skating requirements, the U.S. Center for SafeSport Code, state and local laws, and other applicatory regulatory organizations and their policies.
- Respect: We value each other's voices, contributions, and well-being.
- Coaches will partner with their athletes to champion learning, personal growth, wellbeing, and integrity over winning.

- Coaches will set reasonable and respectful professional boundaries with those they work with while respecting the confidentiality of information shared with them (when that information is not required by U.S. Figure Skating or by law to be reported).
- Coaches will recognize the Participant's right to change coaching arrangements or consult with other coaches/ advisors.
- Coaches will treat all participants with equal consideration regardless of age, athletic potential, disability, religion or spiritual affiliation, gender, gender identity, place of origin, race, sexual orientation, or socioeconomic status. Coaches will not participate in and will responsibly report any unjust discrimination in the sport, and act to prevent or correct practices that are discriminatory.

RESILIENCE: WE GET UP AND ADAPT TO CHALLENGES ON AND OFF THE ICE.

- Coaches will promote competitive excellence to their athlete(s) by creating and sustaining a safe, inclusive and supportive environment for them to participate in.
- Coaches will lead by example and adapt to unexpected challenges or changes in a professional manner.
- Coaches must always be mindful of the health and safety of all athletes. If the conditions appear unsafe, coaches will follow best practices and will not allow the health or safety of the participants to be compromised.
- Coaches will recognize the signs of injury, physical, and psychological stress in themselves and athletes, take these indicators seriously, and refer or seek out appropriate and qualified support. Coaches will not advise others to go against the advice of a medical professional.

COMMUNITY: NURTURING CONNECTIONS THROUGH THE SKATING COMMUNITY.

- Coaches must develop and promote a spirit of cooperation and sportsmanship among their athletes, peers, and others in the sport.
- Coaches must be cognizant that they represent U.S. Figure Skating, their athlete(s), club, program, and/or team during both in-person and virtual interactions. Coaches must be cognizant of all statements and conversations, and avoid demeaning references of athletes, peers, officials, volunteers, and others involved in the sport.

Failure to adhere to these Coaching Standards of Professionalism may result in disciplinary action including, but not limited to, the suspension or revocation of a U.S. Figure Skating coaching certification. Violations of these Coaching Standards of Professionalism may be reported to skatesafe@usfigureskating.org or online [here](#).