

## **CODE OF ETHICS**

### **Introduction**

To understand the role ethics plays in sport and competition, it is important to make a distinction between Gamesmanship vs Sportsmanship.

### **Gamesmanship**

Gamesmanship is built on the principle that winning is everything. Athletes and coaches are encouraged to bend the rules wherever possible to gain a competitive advantage over an opponent, and to pay less attention to the safety and welfare of the competition. Some of the key factors of gamesmanship are:

- Winning is everything
- It's only cheating if you get caught
- It is the referee's job to catch wrongdoing, and the athletes and coaches have no inherent responsibility to follow the rules
- The ends always justify the means

### **Sportsmanship**

Sportsmanship model builds healthy competition, and cultivates personal honour, virtue, and character. It contributes to building a Federation where respect and trust between competitors is achieved. The goal of sportsmanship is not simply to win, but to pursue victory with honour by giving one's best effort.

Ethics in sport requires three principles:

1. Respect for Individuals
2. Responsible Coaching
3. Integrity in Actions

### **RESPECT FOR INDIVIDUALS**

The concept that everyone is equally valuable is integral to the principle of Respect for Individuals. All members are called upon to act in a manner respectful of the dignity of individuals.

### **RESPONSIBLE COACHING**

The principle of Responsible Coaching requires that everyone working as a coach, coaches assistant or in any capacity to assist athletes to be competent and responsible and discharge his/her Duty of Care to the participants. This encompasses the concept that risks to the participants are minimised and benefits to their holistic development are maximised.

## INTEGRITY IN ACTIONS

Integrity in Actions requires that all coaches and anyone assisting them to develop any athlete, to act with honour and consistency. Coaches, and any person assisting in the development of athletes in any capacity, are expected to be honest, principled, and honourable.

It is with these 3 underlying ethical principals in mind that any person, who is a member of **The South African Powerlifting Federation**, and who is employed, volunteers, contracts or in any other capacity assists any club, union or at any competition must acknowledge and adhere to the following Ethical Standards.

1. Treat and respect everyone equally, regardless of race, language, religion, culture, gender, sexual orientation or physical ability.
2. Recognise that all athletes can contribute to providing positive feedback on training methods and how best performance during training and competition could be optimised. Be a good listener when occasions for such interaction arise.
3. Remember that there is a need for certain information to be kept confidential. Disclosure of such information should only be made with the consent of those who requested confidentiality.
4. Be sensitive to the feelings of your athletes when providing feedback on their training progress and performance during competition. Challenges, if any, should not be directed at the athlete, but rather a focus on the athlete's performance.
5. Be responsible for periodically updating your coaching expertise through participation in courses, conferences, and workshops and through information available in resource materials.
6. Prepare well-planned and sound training programmes and execute them in a manner that would benefit all your athletes.
7. Recognise the limits of your knowledge and collaborate with other qualified practitioners. Where appropriate, refer your athletes to a more qualified coach or specialist.
8. Advise your injured athlete to seek further medical treatment and suggest an appropriate recovery plan whenever possible. When deciding on your injured athlete's ability to continue training or competing, consider his/her future health and general well-being.
9. Ensure that training and competition venues meet with minimum safety standards and that your athletes are properly attired.
10. Any physical contact with athletes should be only when necessary and during

appropriate situations.

11. Coaches should avoid sexual intimacy with their athletes and if consensual relationships do develop ensure that they are disclosed to the Club DSO as soon as possible.
12. Be honest and sincere when communicating with athletes. Do not allow false hopes to develop.
13. Inform a fellow coach when you are working with his/her athlete(s).
14. Your coaching qualifications and experience should be accurately represented, both in written and verbal form.
15. Abide by the rules of **Powerlifting** and respect your opponents and those in positions of authority.
16. Adopt a professional attitude and maintain the highest standards of personal conduct. It should encompass your mannerism, dress, and language.
17. Exercise self-awareness and evaluate how your values and actions influence your coaching activities positively or negatively.
18. Uphold the values of clean, dope-free sport, by complying with all relevant anti-doping rules that are in line with the World Anti-Doping Code and cooperating with relevant anti-doping authorities should a need arise. Be a positive influence on those under your charge and respect the values of clean sport.
19. Ensure all athletes show respect to fellow teammates, opponents, coaches, and officials.
20. All coaches should show respect for their players, opponents, and officials.
21. Report fans, especially parents, who fail to show respect for other fans, teams, or officials.

I, (NAME AND SURNAME) \_\_\_\_\_,  
with ID Number \_\_\_\_\_, hereby accept this code of  
conduct and will endeavour to ensure that I uphold and respect all elements of this  
code and undertake to challenge those who may, through their actions, and in violation  
of this code, bring **The South African Powerlifting Federation** or  
\_\_\_\_\_ (club name) into disrepute.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date