



MODULE 2 SECTION C

POOR PRACTICE



LEARNING OUTCOME

Understand what poor practice is, why it can harm athletes and how to ensure safe, respectful behaviour in sport.

WHAT IS POOR PRACTICE?

When we talk about "practice" we are referring to the way we behave in carrying out our role in the sporting context – for example how we coach, instruct, manage or support athletes, especially children and vulnerable adults.

i Poor practice is behaviour in a position of responsibility which falls below the organisation's required standard (typically described in an organisation's Code of Conduct).

🛡️ Those who work with children and vulnerable adults in sport should first work to the principle of **FIRST, DO NO HARM**.



Poor practice can harm, even if it is not intended to. Everyone has the right to feel safe and respected in sport.

RESPONSIBILITY OF COACHES, STAFF & VOLUNTEERS



They should seek to ensure that their conduct safeguards the children and vulnerable adults they come into contact with in sport.



They should always model best practice and set a positive example.



They should understand their role, responsibilities and the standards expected of them.



They should create a safe, respectful and positive environment where athletes can thrive.

EXAMPLES OF POOR PRACTICE IN SPORT

- 🗣️** Shouting, sarcasm, or making negative remarks about an athlete.
- 🚫** Excluding, isolating or showing favouritism.
- 📱** Inappropriate use of technology or social media.
- 👊** Physical contact that is unnecessary, excessive or inappropriate.
- 👤** Ignoring injuries, ill-health or signs of distress.
- 📅** Unrealistic training, overloading or pushing athletes beyond their limits.
- 👥** Being alone with a child or vulnerable athlete unnecessarily.
- 😬** Humiliating, belittling or undermining an athlete.
- 🍷** Consuming alcohol or using substances in a way that may affect your role and responsibility.

WHY IT MATTERS

- ✓** Poor practice can damage confidence, self-esteem and well-being.
- ✓** It can create an unsafe environment and lead to more serious harm.
- ✓** It can break trust and damage the reputation of the sport.
- ✓** It may breach your organisation's Code of Conduct.



REMEMBER

First, Do No Harm.

Your behaviour shapes the experience and future of every athlete.



REPORT IT
Don't ignore it.

If you see or experience poor practice or any behaviour that concerns you, speak to a trusted adult or report it through the PSIS Guardian Reporting System.



REPORT A CONCERN

