

Coaching with a Safe Sport Mindset

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What is a Safe Sport mindset?

- Safety
- Risk Management
- Stakeholder Awareness
- Professional Development
- Communication

Inconsistent boundaries with parents

Communication problems between the parent & club management

Limited documentation and policies that aren't clear

Parents waiting until “the right time” to make reports

Fear of the coach

Medical misunderstandings

Conditioning that goes against professional standards

Use of demeaning and cruel language

Common Safe Sport Trends

Risk Management

The forecasting and evaluation of risks together with the identification of procedures to avoid or minimize their impact.





Risk Management is everywhere in your life!



The most global risk management discussion in history is occurring right now.





Daily Risks

- Equipment safety
 - Prevention of injury
 - Environmental conditions (temperature, equipment maintenance, etc.)
 - Spotting
 - Athlete interactions
-

Managing Injuries

01

Obtain

- Obtain written restrictions from MD or PT

02

Require

- Require written documentation of plan of gradual return or return to full practice

03

Assume

- Always assume there is a concussion anytime there is a blow to the head or a fall from height

04

Check in

- Check in every day: “How are you feeling today? Were you sore after practice?”

Document everything and always call the parent!

Parents

Reinforcing the Parental Partnership

Athlete development is a shared commitment between parent and coach

Goals are set together with athlete, parent and coach

Expectations and problems are frequently discussed, and input is respected

They are the expert on the child and you are the expert on the athlete. It's important to merge the two.

Coach/Parent Meetings

Encourage an open dialog

Set goals every season with the athlete and parent together

Parents are experts on their children. Encourage communication on topics such as learning style, behavior, and medical needs

Set clear guidelines that practice, routines, and competition are the coach's responsibility

Communicate coaching philosophy clearly

Be clear on the policies and rules (vacations, time off, money, etc.)

When the Meeting is Most Important

At beginning
and end of
the year

To realign the
goals

Whenever
there's a
problem

Setting Boundaries with the Parents

To maintain an objective relationship with parents, coaches must set the tone for future interactions:

Time when it's appropriate to talk

Place where it's appropriate to talk

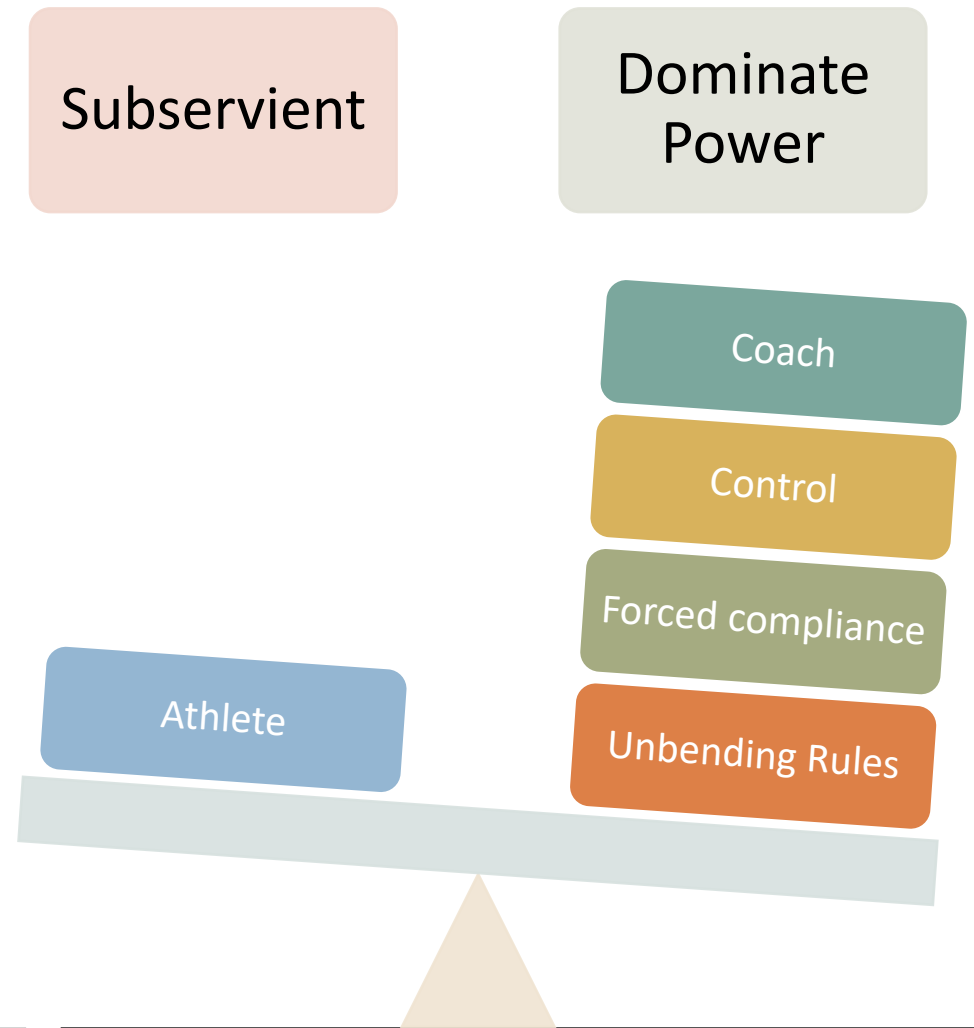
Respect for each other's role

Respect for each other's time

Respect for each other's money

Coaching to the Individual

Your Power Structure Matters



When power is seen as “absolute” then communication can only be one way.

Fallibility and shared responsibility does not exist.



No one likes me.



I don't feel good.



I'm afraid of that skill.



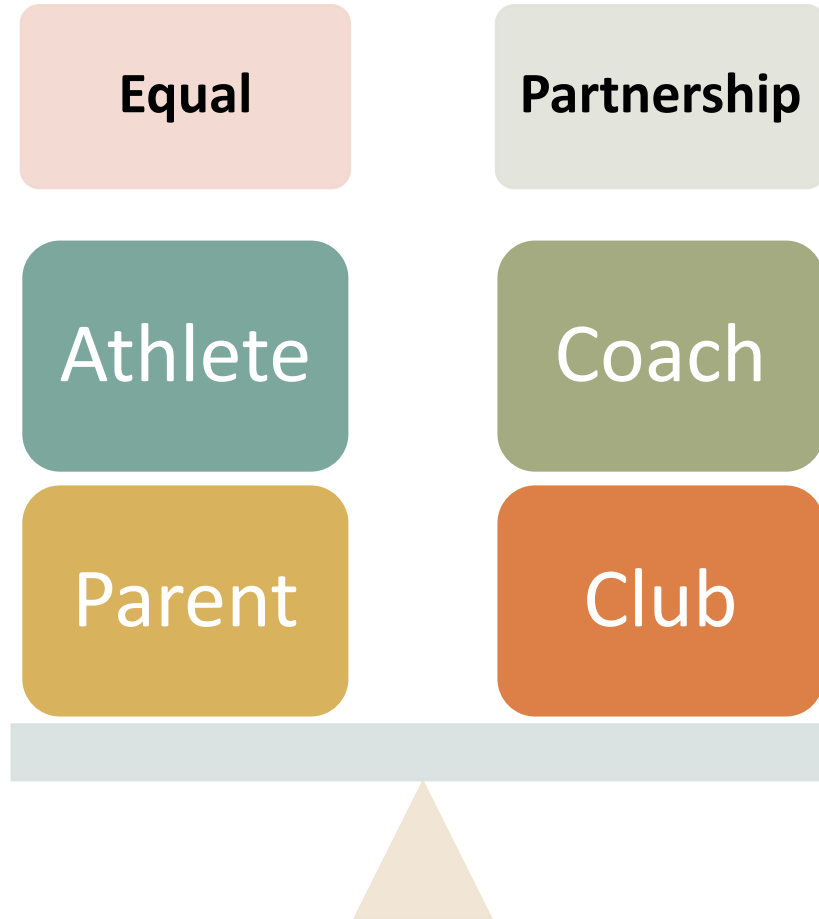
I think I want to quit



I have a test tomorrow.



What happens when the power shifts?





Coach is Responsive to injuries



Coach Includes my mom



Coach Allows me to be a kid



Coach Knows school is important




Coach Helped me set goals that work for me.



Consistency

- Boundaries
- Goals and rewards
- Conditioning
- Athlete opportunities
- Standards to level up
- Athlete interactions



Individual Social and Biological Factors

Age

Maturity

Race

Gender

Sexual Orientation

Culture

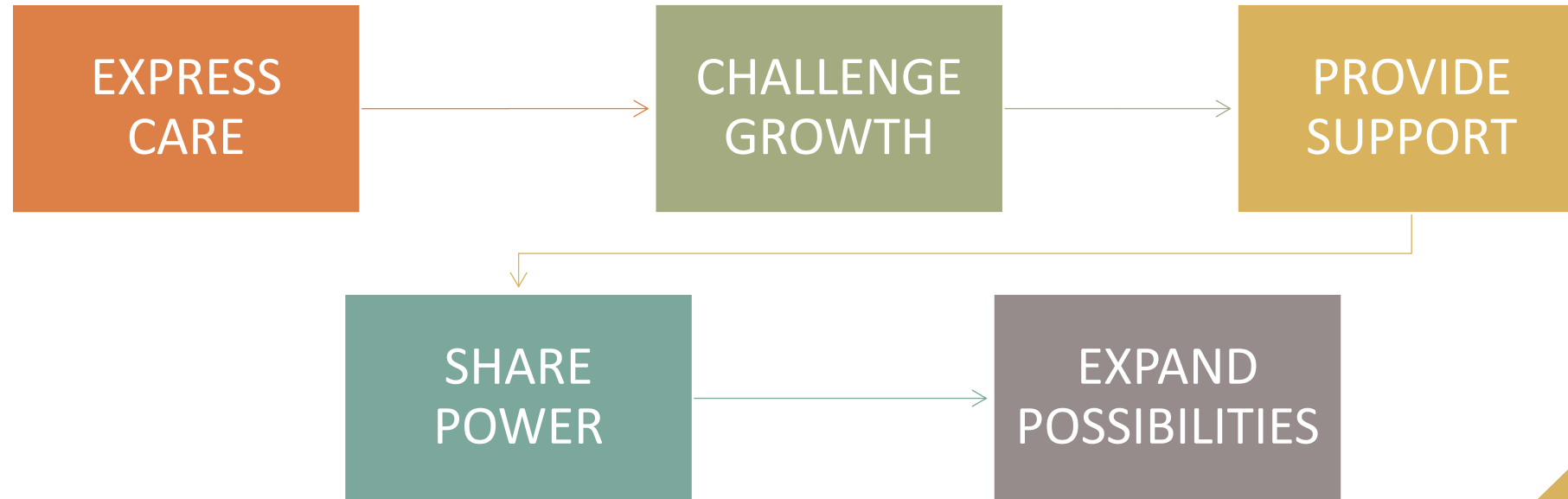
Body shape

Disability

What does your gym community look like?

- **Athlete is valued**—Young person perceives that adults in the gym value them as an individual aside from their athletic ability
- **Youth as resources**—Young people are given useful roles within the gym community
- **Safety**—Young person feels both physically and emotionally safe
- **Family**-Family time is supported, and family is welcomed as a part of the conversation
- **Personal power**—Young person feels they have control over things that happen to them.
- **Self-esteem**—Young person reports having a high self-esteem.
- **Bonding**—Young person feels they are able to bond to more than just their gym including school, church, family, and sports.

Developmental Relationships



Final Thoughts

What do they need from you, the Coach?

- **R: Reaching/Repeating**
 - Operating on the edge of one's ability. How many reaches are you creating each practice?
- **E: Engagement**
 - Immersive, attention gaining, emotion driven practice
- **P: Purposefulness**
 - Tasks are directly connected to skill building
- **S: Direct, Immediate, Feedback**
 - Real time, clear, and concise feedback on achievement, mistakes, and directions



A Final Note

Truly great coaches build synergy between the athletes, parents, and management. You cannot separate from any one person without impacting the others.