

If the training is easy the match will be hard, but if the training is hard the match will be easy.

Code of Conduct for Coaches and Helpers

Swifts is fully committed to safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the club chairman or any member of the club committee.

All Club coaches and helpers must:

- 1. Consider the well-being and safety of participants before the development of performance.
- 2. Develop an appropriate working relationship with members, based on mutual trust and respect.
- 3. Make sure all activities are appropriate to the age, ability and experience of those taking part.
- 4. Promote the positive aspects of the sport (e.g. fair play).
- 5. Display consistently high standards of behaviour and appearance.
- 6. Follow all guidelines laid down by BADMINTON England and the club.
- 7. Hold appropriate, valid qualifications and insurance cover.
- 8. Never exert undue influence over members to obtain personal benefit or reward.
- 9. Never condone rule violations, rough play or the use of prohibited substances
- 10. Ensure that members follow Swifts' guidelines for safe badminton and code of conduct.