

In general, Topsport under the guidance of TKDV has an ecological perspective for Topsport development, in turn acknowledging the role and 'ripple' effect of the many 'actors' within the development /performance environment. Such a perspective has seen the staging of many and varied 'round table' type seminars wherein the philosophies, values and approaches that align to progressive development/performance are discussed. Such a setting provides a platform to contextualise the Topsport policy of TKDV with respect to contemporary evidence and perspectives and to actively improve the qualities of all actors with respect towards their roles within the system.

Coaching is a dynamic endeavour and requires a continual upgrading of good practice approaches with respect to development and performance. Akin to the development process of an athlete, it is important for coaches to 'sculpt' approaches not only in controlled training environments but also in the less predictable environments of competition. This is largely catered for by domestic competition progressing to international open competition (E-rank, G-rank), however for some it is beneficial to gain exposure to higher levels of competitive environments such that they can align their respective development with that of respective athletes.

Therefore, after due consideration in relation to fostering the growth of the TKDV Topsport pathway system, and in-light of previous communication with respective federation and club coaches, it has been determined that it would be beneficial for coaches to have opportunities to coach their respective athletes at the Cadet European championship. This age category is one characterised by exploration and problem-solving within the Topsport policy, and coaches should therefore foster this vision with respect to their development work. **This is an optional approach, wherein the federation coach will take coaching duties if the respective club coach does not want to participate in this role.**

In this way, the 2023 Cadet European Championships will be viewed as both a learning and growth opportunity not only for athletes but also for related club coach (and in-directly their club environment). After the completion of this championship the Topsport technical director will evaluate this initiative and determine whether this is something that should be continued for this age group in the future. **This initiative will only be specific to the cadet age category, for both Junior and Senior ages, Federation coaches will coach respective athletes as these ages fall in line with a controlled development approach.**

For coaches to participate they are required to attain specific internal Topsport criteria,

1. Coaches are required to sign a code of conduct pertaining to expected behaviours and aligned to pathway philosophy (Appendix 1).
2. Coaches are required to participate in 9 hours of informal hours education led by the Topsport director prior to the competition (Appendix 2).

Should any coach not actively commit to the requirements listed then they will not be permitted to coach at the championships.

**This will be a self-funded role and is optional; therefore, coaches will cover the expense of their flight, hotel (in the official hotel or with an addition ETU cost of 75 euro) and cost of the additional coach card.**

In addition, proposed coaches are required to meet ETU requirements for coach status,

1. Minimum age of 18 years
2. Holder of the WT Coach License Level 1 Coach Certification
3. Holder of a valid 2023 WT Global Official License
4. Formal attire (suit/dress) is mandatory for semi-finals and finals.

## Appendix 1: Code of Conduct



**TAEKWONDO**  
VLAANDEREN

Code of conduct 2023

## CODE OF CONDUCT: TOPSPORT PATHWAYS

Sport Taekwondo, which largely falls under the banner of Olympic sport, has seen increasing popularity and globalisation since its inception to the Olympic program in 2000. Coupled with this, the facilitation of Taekwondo as an elite sport endeavour has resulted in perspectives of Topsport permeating from senior performance levels down through all age ranges of competition. It is well recognised that sport is a medium that can foster positive personal and social development (Clutterbuck & Doherty, 2019). However, when sport moves into the landscape of elite / Topsport then it is of even greater importance to consider the additional psychosocial and physical stressors that an athlete may be exposed to.

It is a primary aim of Taekwondo Vlaanderen and associated Topsport programs, to promote Taekwondo at all levels in a manner that considers the ethics, integrity, and well-being of the respective athlete(s). With respect to this TKDV provides directive information and support through online resources that outline healthy and ethical sports. In turn, a code of conduct is hereby outlined for coaches with respect to engagement in any of the Topsport pathway programs. The code highlights the applicable norms, behaviours, and rules central to creating a safe, fair, respectful, and inclusive development / performance environment.

We require all coaches associated to any of the Topsport pathway programs to comply with the code of conduct outlined. A breach of the codes of conduct can result in the removal of coach(es) from any present and/or future programs.

## COACHES

1. Place the safety and welfare of the athletes above all else.
  - Adhere to TKDV / Topsport recommendations for weight categories.
  - Foster an honest and open environment where concerns and considerations can be openly addressed.
  - Ensure your actions and decisions contribute to a safe and harassment free environment.
  - Consult the advice of medical professionals when determining return-to-play status and support needs of athletes.
  - Take time to understand the environment and needs of your athletes, e.g., exams, family commitments, fatigue levels etc. and acknowledge any concerns. Agree on expectations during such periods.
2. Be a positive role model.
  - Refrain from the consumption of alcohol or smoking when at competitions and the use of illegal drugs in its entirety.
  - Adopt appropriate and responsible behaviour in all interactions.
  - Do not engage in or tolerate harmful, inappropriate, or abusive behaviour.
  - Respect the decisions of referees, officials, and administrators in the conduct of the sport.
3. Encourage and support opportunities for athletes to learn appropriate behaviour and skills.
  - Respect the developmental stage and goals of each athlete and provide supportive feedback with respect to this.
  - Support the use of age-appropriate development activities.
  - Be clear in the way you are communicating; Be aware of your non-verbal communication.
  - Be inclusive with your training and where necessary illustrate flexibility to adapt to the individual needs of athletes; Do not prioritise one athlete above others.
4. Adhere to the Topsport policy and co-operate in a positive manner with all actors within this environment.
5. Actively engage in continuous professional development.
  - Maintain, and update where necessary, the required standard of professional certification.
  - Work on your own level of competency by regularly updating you knowledge / education.
6. Do not engage in any behaviour (including posting material using social media) that is offensive, threatening, discriminatory, sexually explicit, intimidating, fraudulent, or otherwise inappropriate.
7. Do not use your involvement with taekwondo to promote beliefs, behaviours, or practices where these are inconsistent with those of the TKDV / Topsport TKDV.

Coach Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date:

## **APPENDIX 2: COACH EDUCATION SESSIONS**

1. Coaching development and competition preparation (3 hours).
2. In the chair – Competition Day processes and considerations (3 hours).
3. Reflective practice – adding value to coaching (3 hours).

Date and place to be determined.