

Code of Conduct for Karatedo Coaches

Coaches serve a number of roles, such as teacher, role model, mentor, guardian and trainer, in different situations. A good coach can provide his/her athletes with positive experience, and help them develop sportsmanship in the course of participation. In order to ensure the quality of coaches, the Karatedo Federation of Hong Kong, China Limited has issued the following Code of Conduct for them to follow:

1. Teach athletes the way of respect to their mentors.
2. Aim at enhancing athletes' technical skills.
3. Lead athletes to stay away from drugs and to comply with Anti-Doping Regulations by setting up good example.
4. Treat each athlete as an individual and help develop his/her potential.
5. Assist athletes to develop good character.
6. Assist athletes to develop good faith and self-confidence.
7. Promote the value of fair play and respect, and the acceptance of rules and spirit of Karatedo.
8. Keep up with latest coaching techniques and strive for continual self-improvement.
9. Ensure the environment safety for training and competition, as well as the safety standards of equipment and facilities.
10. Ensure suitability of training and competition according to the ages and fitness levels of athletes.
11. Do not over-train athletes, and maintain athletes' interest and promote their enthusiasm towards sports.
12. Always lead by example and never speak foul language.
13. Avoid any forms of harassment or discrimination towards athletes, including sex harassment, race or disability discrimination.

空手道教練守則

教練在不同場合，擔當不同的角色，有如運動員的老師、模範、顧問、家長及訓練員等；而優秀的教練能使運動員在參與過程中得到正確體驗，培養良好的體育精神。中國香港空手道總會為了提高教練的水平，特別制定了一套教練守則，讓教練遵從：

1. 教導學員尊師重道。
2. 教練負責運動員的技術提升。
3. 教練要以身作則教導運動員遠離毒品及遵守禁藥條例。
4. 對待每一運動員為獨立個體，幫助運動員發揮天分。
5. 訓練學員的高尚人格。
6. 訓練學員忠誠、建立自信。
7. 提倡公平競賽，尊重他人及接受空手道運動規則條文及精神。
8. 充實有關教練的新知識，提高個人水平。
9. 確保運動員有一個安全的訓練及比賽環境，運動器材及設施達安全標準。
10. 確保訓練及比賽符合運動員的年齡及體能。
11. 避免過度訓練運動員，並維持運動員的興趣及提升他們對運動的熱愛。
12. 以身作則，不可粗言穢語。
13. 避免作出騷擾及歧視行為，包括性騷擾、種族及傷殘歧視。