

## 中國港壁球總會教練守則

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得到正確體驗，培養良好的體育精神。中國香港壁球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. 尊重每位運動員為獨立個體，幫助運動員發揮其天份
2. 提倡公平競賽，尊重他人
3. 接受中國香港壁球總會所釐定之規則條文及精神
4. 訓練時須採用安全之方法、場地及器材。
5. 確保訓練及比賽符合運動員的年齡及體能
6. 讓運動員明白運動的益處，並鼓勵終身參與運動
7. 維持運動員的興趣及提升他們對運動的熱愛
8. 樹立一個正面的教練形象，以身作則
9. 避免作出騷擾及歧視行為，包括性騷擾，種族及傷殘歧視
10. 充實有關教練的新知識，提高個人水平

## Coaches' Code of Conduct (Squash Association of Hong Kong, China)

Coaches serve a number of important roles such as teacher, role model, mentor, guardian and trainer. Good coaches provide athletes with positive experiences in sports participation and help nurture sportsmanship. In order to ensure the quality of coaches, Squash Association of Hong Kong, China has formulated a Code of Conduct for coaches to follow: -

1. Treat each athlete as an individual and help him/her to reach full potential.
2. Promote fair play and show respect for others.
3. Accept both the guidelines and the spirit of the rules that defined and governed by Squash Association of Hong Kong, China.
4. Use only safe method, venue and equipment for training.
5. Ensure trainings and competitions are suitable for the age and fitness level of the athletes.
6. Let athletes know the benefit of the sport and encourage them to participate in the sport throughout their lives.
7. Maintain athletes' interest and promote their enthusiasm towards the sport.
8. Set a positive image as a Coach and always lead by example.
9. Avoid any form of harassment towards your athletes. This includes harassment on sex, race and disability.
10. Keep up with the latest coaching techniques and seek continual improvement.