



# Professional Coaching **UPDATE**



“If you want to learn, be humble and be ready to let go of the opinions you already have.”

*Adopted from The Daily Stoic by Ryan Holiday, April 11 entry*

## A Message from Isabelle Cayer, Director, Sport Safety

As I reflect on the past year, I have learned so much from listening to coaches, partners and safe sport experts. With all that has changed in the world, one thing remains clear – sport is integral to the health and wellness of our citizens. As we continue to navigate through our current reality, we will work towards our goal of making sport safe for everyone. Coaches care and are transformational in their support of our developing athletes: the person, the environment and their lives. We will continue to listen, plan, build and maintain programs and services for you: our professional coaches. We will continue to connect, communicate and deliver on the quality and valued services you need to thrive as a coach. Over the course of the year we will host several Safe Sport webinars, invite guests to deliver important information to you and ask for your feedback.

Many National sports organizations have gone through a similar process this year: alignment with the Universal Code of Conduct for the Prevention of Maltreatment in Sport. We have revised our Equity, Diversity and Inclusion Policy, Positive Workplace Policy and Code of Conduct - which identifies an independent third party to field complaints. We launched our CAC Safe Sport Training and in one year over 24,000 people have completed it. We are awaiting the launch of a new Independent Body that will receive and investigate complaints, reports of misconduct and maltreatment in sport. This will likely change our current business and service delivery model. As a result, we will dedicate this next year to reviewing our services and ensuring we provide relevant services for you.

Included in this newsletter are the following: a request for your participation in a confidential safe sport coach survey; an invitation to a webinar on Developing Healthy Connections with your athletes and resources. A recorded webinar on Developing a Culture of Excellence with Mental Performance Consultant Kyle Paquette and National Team Archery Coach Shawn Riggs and our reinstated Legal Corner covering Social Media Policies. Look for a new Social Media and Communications template coming in the fall that will help guide you through communication alternatives.

### ***The Coach Perspective Survey: A Safe Sport Review***

The Coaching Association of Canada has engaged ITP Sport & Recreation Inc. to complete a consultation process that will engage coaches in Canada via an anonymous and confidential survey and interview process. The consultation will lead to the development of Safe Sport resources and initiatives that will support coaches and sport partners.

The main objective is to identify the current strengths and weaknesses within current safe sport practices, the way in which the coaching community sees them, and the way it impacts them. Coaches are and will always be one of the primary stakeholders in the implementation of safe sport practices at any level of sport. The consultation will identify differences in understanding based on factors such as level of coaching, type of sport, years of coaching, previous experience related to maltreatment, cultural aspects, etc.

The survey will take 15-20 minutes to complete. Your feedback is so important to us.

Please take the survey [here](#)

The deadline to complete the survey is May 7, 2021

## Upcoming Events

Kids Help Phone 

**Webinar: Healthy connections: Coach & Athlete**

Thursday April 22 – 2 pm - 3 pm EST

**REGISTER [Here](#)**

Healthy Connections webinar description: Communicating with young people in your life can be a challenge. Understanding some of the developmental hurdles and needs that your athletes have can help you in creating a new space with more open communication and understanding and avoid the traps that often get in the way. Expert Gayle Browne, Director Clinical with KidsHelpPhone will deliver the webinar.

Previously Recorded:

A Culture of Excellence Workshop with Mental Performance Consultant Kyle Paquette and National Team Coach Shawn Riggs. <https://vimeo.com/528473904/f8fa054922>



Please click [here](#) for more resources

[Coaching Through COVID Webinar Series](#) - A series of six webinars were hosted from October 2020 to March 2021. Topics range from creating a high-performance culture, to giving and receiving feedback, an athletes panel and coach self-care.

## Professional Coaching Services



### SIRC

As a ChPC or Registered Coach you have access to SPORTDiscus. There are recently published articles on support your athletes through COVID-19. Developed by SIRC, SPORTDiscus is the leading bibliographic database for sport and physical activity-related research, featuring millions of records from journals, books, dissertations and more. Subjects covered include sport management, leadership, exercise physiology, biomechanics, nutrition, sport injury, and sociology and history of sport.

Please email [procoach@coach.ca](mailto:procoach@coach.ca) if you would like to access the database.

## Legal Corner

## SOCIAL MEDIA POLICIES



As an addition to a sport association having a code of conduct, sport associations should publish guidelines for employees regarding the posting of content on the internet during and after work hours. Social media includes platforms such as Twitter, Instagram, Facebook, blogs, etc. Lines between work and leisure are blurring quickly in our society and there have been some high-profile cases in which employers have been tarnished by the actions of an employee after hours on social media. Accordingly, developing a workplace policy on social media will provide guidance to employees and help sport associations to avoid embarrassment or worse. If you need convincing, consider the following:

If rules are not in place regarding social media use during work hours, productivity in the workplace may suffer. Worse, an accident could occur if a coach is paying more attention to the phone rather than the athletes.

A sport association's reputation is hard to build and easy to destroy. Employees must be made aware that what they post personally and professionally has the potential of impacting an employer's reputation and business interests quickly and could create significant liability for the association.

Sport associations and their athletes spend time and money protecting an image over social media and you do not want this image to be eroded by postings on Facebook or Instagram by employees that convey a different and negative message.

Without education, employees may post confidential or sensitive information about athletes, co-workers, or the association which could create liability for the employer.

Education is the key. Employees must be provided with a clear set of guidelines to know what they can and cannot post on social media and that they can be held responsible and disciplined, if necessary, if they breach the code of conduct set by the company.

Catherine Willson  
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## **Congratulations to the newest ChPCs™**

The CAC would like to congratulate the following coaches for recently attaining their ChPC designation!

Carl Girard – Québec (Cycling)  
Brad Taylor – Ontario (Alpine Ski)  
Krista Thompson – British Columbia (Field Hockey)  
Erin Williams - British Columbia (Artistic Swimming)  
Chris Morgan – Alberta (Soccer)

Scott Seeley – Ontario (Basketball)  
Lesley Thompson - Ontario (Rowing)  
Jennifer Ferris - Ontario (Curling)  
Rob Pereira - Ontario (Soccer)  
Matt Lumsden – Alberta (Soccer)  
Hongtao Chen – Ontario (Table Tennis)  
Paulo Miguel Sousa – Ontario (Soccer)

If you have any questions, please contact us at [procoach@coach.ca](mailto:procoach@coach.ca)

Additional free resources to assist you or your athletes during these difficult times:

