

BEST PRACTICES - Head Coach

The purpose of this tool is to assist in on-going program monitoring within BC Special Olympics from the point of view of the Head Coach. This is one of four tools being used to collect information from Athletes, Assistant Coaches and Local Committee Members as well Head Coaches such as yourself. Your participation is greatly valued in our efforts as an organization to ensure quality sport programs throughout the province. Please rate items under each category as follows.

(1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree

Organization

I arrive on time	1	2	3	4
I dress appropriately	1	2	3	4
I always prepare a practice/training session plan with logical progressions	1	2	3	4
I challenge all athletes	1	2	3	4
I show concern for the health and safety of all of my athletes during practice and competition	1	2	3	4
I set clear boundaries for athletes	1	2	3	4
I have the ability to treat minor injuries and exhibit reasonable conduct when handling accidents or emergencies	1	2	3	4
I make use of the talents and expertise of all Assistant Coaches	1	2	3	4
I have a plan for leadership for this program when I am no longer Head Coach	1	2	3	4

Instruction

I have a practice plan for each session and explain it to my assistant coaches	1	2	3	4
I introduce skills clearly, accurately and in progression	1	2	3	4
I explain the reason for doing the activity/drill	1	2	3	4
I ensure that activities are suitable for the age, experience, ability and fitness level of each athlete	1	2	3	4

I encourage questions and create a non-threatening practice environment	1	2	3	4
I facilitate the development of short and long term goals, for each athlete and for the team	1	2	3	4
I have the ability to analyze athletes' strengths and weaknesses	1	2	3	4
I instill sportsmanship	1	2	3	4
I provide nutritional advice and information on appropriate eating habits for athletes. i.e.: pre and post competition snacks, hydration, balanced diet	1	2	3	4

Communication and Interpersonal Skills

I am enthusiastic and positive	1	2	3	4
I am dedicated to the sport and the athletes	1	2	3	4
I demonstrate a sense of fair play	1	2	3	4
I am patient and tolerant	1	2	3	4
I am honest and fair	1	2	3	4
I am a good role model and set a positive example at all times	1	2	3	4
I have a sense of humour and am not overly intense	1	2	3	4
I treat all athletes equally	1	2	3	4
I use appropriate verbal and non-verbal communication	1	2	3	4
I find a way to make all the athletes feel good about themselves and provide positive constructive feedback	1	2	3	4
I know when to use discipline and when not to	1	2	3	4
I keep coaches informed about opportunities to take courses And participate in coach's meetings and conferences.	1	2	3	4
I respect all athletes, coaches and officials	1	2	3	4
I encourage athletes to do their best even when losing or after a loss	1	2	3	4

Management and Safety

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|---|---|---|---|---|
| I check the equipment and facility in a timely manner | 1 | 2 | 3 | 4 |
| I am aware of uniform requirements and where they are kept | 1 | 2 | 3 | 4 |
| I ensure medical forms for every athlete are at practices and competitions and that all coaches are aware of their location | 1 | 2 | 3 | 4 |
| I have an Emergency Action Plan that has been shared with all coaches | 1 | 2 | 3 | 4 |
| I am aware of medical and behaviour incident report forms and use them when appropriate | 1 | 2 | 3 | 4 |
| I maintain appropriate statistics including attendance | 1 | 2 | 3 | 4 |
| I ensure all coaches have access to the Special Olympic Rules for my sport | 1 | 2 | 3 | 4 |
| Over all, I feel the program is running well | 1 | 2 | 3 | 4 |

Comments

Name and phone number _____

Local _____

Sport _____

Thank you for your honesty, time and comments which will help us to grow positively as an organization.