

Integrating Trauma-Informed Practices into the Code of Conduct

It's recommended that trauma-informed practices are integrated into your code of conduct. Remember - being trauma-informed is the adopted perspective that acknowledges trauma, recognizes the signs and symptoms of trauma, and takes active steps to not re-traumatize players.

The five guiding principles of trauma-informed care are:

- ▶ Safety
- ▶ Trustworthiness
- ▶ Choice
- ▶ Collaboration
- ▶ Empowerment

Best practice for trauma-informed coaching is to model and embrace those five guiding principles.

AD99 SOLUTIONS CORE VALUES

AD99 Solutions has a set of core values. The core values are similar to "code of conduct." These values are a part of our mission and programs and act as a standard for students, staff, volunteers, and board members.

The core values are:

- ▶ Empowerment
- ▶ Equality
- ▶ Excellence
- ▶ Integrity
- ▶ Stewardship

APPLYING AD99 SOLUTIONS' VALUES TO COACHING CODE OF CONDUCT

- ▶ **Empowerment:** Coaching in ways that give everyone you work with (players, other coaches, parents) the ability to become stronger, more confident, and take control of their lives both on and off the playing field.
- ▶ **Equality:** Coaching in ways that give players the opportunity and chance to become the best version of themselves both on and off the playing field.
- ▶ **Excellence:** Coaching in ways that encourage players to give their best efforts and show their best self both on and off the playing field.
- ▶ **Integrity:** Coaching in ways that models responsibility, reliability, honesty, fairness, caring, dignity, respect, and strong morals both on and off the playing field.
- ▶ **Stewardship:** Coaching responsibly in a way that your actions honor your players, their families, and the game itself.