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NOT JUST A GAME

ETHICAL COACHING AND MENTORSHIP MODULE 5



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MODULE 5 – ETHICAL COACHING AND MENTORSHIP

Aim of this session: To understand how ethical behaviour and mentorship shape safe, inclusive environments in youth sport.

When you hear the word ethics in sport, what comes to mind in one word?

 *Ethics isn't just about rules—it's about relationships, trust, and fairness.*






WHY ETHICAL COACHING MATTERS

Ethical conduct builds safe and trusting environments in grassroots sport.

- Coaches and youth workers influence not only performance, but personal growth.
- Acting ethically promotes inclusion and reduces risks of exclusion or radicalisation.
- Ethical coaching models fairness, empathy, and accountability—values youth carry beyond sport.

 Reflect: Think of a coach or mentor you admired—what made their behaviour ethical?





FOUNDATIONS OF ETHICAL COACHING

Ethical coaching goes beyond teaching skills—it shapes values.

Key Principles:

Justice: Equal treatment and fair opportunity for all participants.

Autonomy: Respecting youth voices, choices, and individuality.

Non-maleficence: Avoiding harm; promoting emotional and physical safety.

Transparency: Being open and honest about expectations and feedback.

 *Ethical coaches inspire belonging, resilience, and responsible behaviour.*






MENTORSHIP AND BOUNDARIES

Mentorship often happens naturally — but it must remain professional.

- Mentors guide, they don't control.
- Boundaries protect both mentor and mentee.
- Over-involvement can cause dependency or harm.
- Refer youth to professionals for issues beyond your role.

 Self-check:

Do you know where your line is between helping and over-involvement?





ETHICAL DILEMMAS AND DECISION-MAKING

Ethical dilemmas arise when values clash — fairness vs. loyalty, empathy vs. discipline.

The 5-Step Ethical Decision Model:

1. Recognise the dilemma
2. Gather information
3. Consider your options
4. Consult and reflect
5. Act and evaluate

💡 *Ethical leaders pause, reflect, and act transparently—even under pressure.*





BREAKOUT DISCUSSION

Scenario:

A coach notices that one player dominates drills while others disengage.

Discuss:

- What ethical principles are at stake?
- How can the coach respond to restore fairness and inclusion?
- What does ethical mentorship look like in this moment?





THANK YOU!



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