

DO'S AND DON'TS FOR BIATHLON COACHES

DO



Treat all athletes **equally**



Be **respectful** to the athletes **needs** or **concerns**



Use **training practices** that are **appropriate** for each athlete



Create a **safe space** for athletes



Report any wrongdoing

DON'T



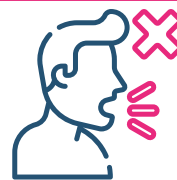
Single out an athlete or denigrate them in front of peers or other members



Shame an athlete or make belittling comments that **humiliate** or **intimidate** the athlete



Impose any form of **punishment** that causes the athlete physical or psychological pain or discomfort



Criticize athletes or other coaches **without reason**



Force an athlete to do something against their will