WWPIS
Working With
PARENTS
IN SPORT

For sports parents

What to look for in a good coach

The right coach can give your child a lifelong love of sport. Use these seven questions to check your child is having a fun, safe and positive experience.

☐ 1 **Do they care?**
About more than the result? Does your child feel physically and emotionally safe, and able to build good friendships in the group?

☐ 2 **Are they reliable?**
Do they turn up consistently and on time? Young children thrive on continuity and familiarity.

☐ 3 **Do they engage with parents?**
When coach, parent and child work together, you can reinforce their messages at home instead of giving mixed ones.

☐ 4 **Are they approachable?**
Do you feel comfortable asking questions, and are they happy to answer them?

☐ 5 **Do they set a good example?**
Punctual, well presented and careful with their language? Can your child make mistakes without fear?

☐ 6 **Do they inspire?**
Does your child come away with a buzz? Is the coach passionate about helping them develop?

☐ 7 **Do they coach the person, not just the sport?**
Do they help build life skills such as communication, manners, organisation and decision-making?

Be realistic

Many grassroots coaches are volunteers who are still learning and give their time for free. No coach ticks every box every day.

Questions you can ask a coach

- How long have you been coaching?
- What coaching qualifications do you have?
- What experience do you have with this age group?
- What are your plans for the group?
- Is your safeguarding training up to date, and do you have the relevant checks, such as a DBS check?

When alarm bells should ring

- A coach who embarrasses or humiliates children
- Your child seems anxious or afraid around them
- Children feel unable to make mistakes

There's no place for this in children's sport. Raise it with the club's welfare officer.

Your notes

Coach:

Club and age group:

What's going well:

Anything to raise:



Decision time

If you're still not reassured, it may be time for a rethink. Don't decide lightly, but remember: one really negative experience with a coach can put a child off sport for life.

WWPIS ©