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# GUIDELINES INDIVIDUAL SPORTS: BOARD OF DIRECTORS

1. Clearly define your organisation's ethos.
2. Steer your organisation towards training and education.
3. Write down the organisation's regulations: internal rules, ethics, sports programme, etc.
4. Make sure all the coaches have the necessary technical training.
5. Make sure that all the coaches have received specific training in values-based teaching through sport.
6. Support as many campaigns and projects as possible that promote civic values in sport.
7. Organise competitions and match play (challenge and improvement).
8. Encourage good practices and actions of any club member.
9. Always apply the rule of the three C's: "Be Consistent, Constant and Coherent".
10. Find ways to bring the coaches of your club or organisation and the players' families together.