

ALLY GUIDE FOR COACHES

CHAMPION RESPECT

As leaders, coaches can play a major role in creating inclusive team spaces by simply demanding respect for everyone, at all times. Research shows that a coach's attitudes and values are often mimicked by their players. As such, your attitudes and actions matter. Championing respect and inclusion starts with your own inclusive philosophy. Be mindful. Be intentional. For examples of LGBTQ-inclusive team codes of conduct, see **Athlete Ally's Top 10 LGBTQ Inclusion Policies**.

WORDS MATTER

Homophobic, transphobic or sexist language should be banned on and off the field. Be mindful of the language you use when working with players, parents and other coaches. And if you hear homophobic, transphobic or sexist language, on or off the team, immediately speak out against such language. Simply expressing that you will not tolerate such language clearly establishes a boundary of respect and fosters an inclusive atmosphere.

GET TRAINED

In sports, you can't improve unless you're willing to acknowledge and work on your weaknesses. Not sure what to do if a player or coach comes out? Want to know how to create safe LGBTQ-inclusive spaces? Step up, ask those hard questions, get informed, get trained. LGBTQ inclusion training will help create inclusive spaces where all of your players can thrive. They are also effective places for a team or organization to flesh out their culture and values. For more information about LGBTQ-inclusion trainings, contact Athlete Ally.

STAY INFORMED

Traveling to a new venue, city, or state to compete? Make sure you are informed of the area's LGBTQ-inclusion laws and policies. For example, will your players be able to use bathrooms and locker rooms consistent with their gender identity? Will your potential LGBTQ athletes and/or their family members have equal access to hotels and restaurants without facing state-sanctioned discrimination? Having this knowledge will allow you to help curate an inclusive experience for all of your players. It will also allow you, your players and their family to make informed decisions when traveling and competing.

CHAMPION CHANGE

Change comes from within. Organizations, schools and leagues become more inclusive when coaches support positive change on all levels -- on your team and on an administrative level. If your school or organization lacks LGBTQ-inclusive policies or practices, speak up and advocate for change. Inclusive policies can spark a chain reaction. Your commitment to diversity and inclusion for LGBTQ athletes, fans and coaches can extend far beyond just your team or league. For examples of best practices and policies, see **Athlete Ally's Top 10 LGBTQ Inclusion Policies**.