

Ethical Charter

Coaching & Athlete Support

Supporting a young athlete goes beyond results or performance data. Development takes place over time and depends on many factors: experience, maturity, environment, training, learning and personal balance.

Coaching is part of this perspective, with priority given to long-term development, the athlete's autonomy in competition and a better understanding of their training.

Individualised approach

Every young athlete develops at their own pace. Training load, objectives and expectations are adapted to their pathway, age, experience and environment.

Performance and results remain indicators among others and are not, on their own, an end in themselves.

Respect for the athlete's environment

The development of a young athlete involves different people: family, club, medical professionals and other stakeholders.

Coaching aims to fit coherently within this environment, with respect for each person's role and area of expertise.

Confidentiality & data protection

Training data, exchanges, comments and personal information are used within the framework of the athlete's support.

Access to this information does not constitute authorisation to share it with a club, team or third party.

Particular attention is given to purpose, consent and the protection of minors' data, especially on digital training platforms.

Independence

Athlete support remains independent from the interests of any team or organisation.

UPRide Cycling is not a rider-placement structure and does not receive any commission related to recruitment, transfers or a rider changing teams.

When an evaluation is carried out for a third party, it remains separate from the coaching relationship. Information obtained through athlete support and/or evaluation remains strictly confidential.

A relationship built on trust

Coaching is based on listening, dialogue and a progressive understanding of the athlete.

The aim is to help the athlete better understand their training, sensations and progression, while gradually developing their autonomy and preparing them to build their own pathway, whether or not it leads towards high-performance sport.