

CROSS-GENDER COACHING:

A GUIDE FOR WRESTLING COACHES

1. ACCEPTABLE & ALLOWABLE PHYSICAL CONTACT



MAINTAIN PROFESSIONAL BOUNDARIES.

Burden of boundaries is always on the coach.

Acceptable touch must be clear and instructional.

Demonstrate with technique-specific actions only, not social/emotional contact.

Use visual and verbal cues first.

- ☑ Seek verbal consent for demonstrations.
- ☑ Maintain 2-adult rule in all settings.
- ☑ Educate athletes on their rights.

2. FEMALE-SPECIFIC HEALTH ISSUES

HELP MALE COACHES UNDERSTAND:

Menstruation, RED-S (Relative Energy Deficiency in Sport), and nutritional needs.

Normalizing conversation creates a safer environment.



3. EMOTIONAL PERCEPTION & COMMUNICATION



FEMALES ARE MORE PERCEPTIVE.

They are better at reading coach emotions, so be aware of what you say and how you act.

Coach motivation comes from trust.

Process goals over outcome goals.

Explicitly explain the 'why'.



QUICK ACTION CHECKLIST FOR MALE COACHES

- ☑ 1. Maintain professional boundaries
- ☑ 2. Find locker room supervision solutions (2 Adult Rule)
- ☑ 3. Build trust
- ☑ 4. Explain the 'why'
- ☑ 5. Focus on technique over weight
- ☑ 6. Female-specific health issue awareness
- ☑ 7. Set clear boundaries
- ☑ 8. Be aware of emotions
- ☑ 8. Validate feelings
- ☑ 10. Technique-based contact only

