

Belgooly Athletic Club

Code of Conduct for Coaches and Officers

Roles of Coaches & Officers:

- Coaches and officers in children's sport should strive to create a positive environment for the children in their care. They have an overall responsibility to take the necessary steps to ensure that positive and healthy experiences are provided.
- Officers and coaches must respect the rights, dignity and worth of every child and must treat everyone equally, regardless of sex, ethnic origin, religion or ability.
- The use of drugs, alcohol and tobacco must be actively discouraged as being incompatible with a healthy approach to sport activity.
- Remember your behaviour to athletes, other officials, and opponents will have an effect on the athletes in your care.
- Be generous with praise and never demean an athlete for making mistakes or not performing. All young athletes are entitled to respect.
- Be careful to avoid the "star system". Each child deserves time and attention, at all times during his/her time in athletics.
- Physical punishment or physical force must never be used. Never punish a mistake by verbal means, physical means or exclusion.
- Insist that athletes in your care respect the rules of athletics. Insist on fair play and ensure young athletes are aware you will not tolerate cheating or bullying behaviour.
- Remember that young athletes compete for fun and enjoyment. Never make winning the only objective.
- Encourage the development of respect for opponents, officials, selectors and other coaches and avoid criticism of fellow coaches.
- All coaches should avoid working alone and ensure there is adequate supervision for all activities where practical. It is important to realise that certain situations or friendly actions could be misinterpreted by the participant or by outsiders.
- Set realistic goals for the participants and do not push young athletes. Create a safe and enjoyable environment.

Coaches Code of Conduct:

Coaches & Officers should:

- Be positive during session, praise and encourage effort as well as results.
- Plan and prepare appropriately.
- Put welfare of young person first, strike a balance between this and winning.
- Encourage fair play, treat participants equally.
- Recognise developmental needs.

- Be qualified and up to date with knowledge and skill of sport and athletics for young people.
- Involve parents/guardians where possible and inform parents/guardians when problems arise.
- Keep record of attendance at training.
- Keep a brief record of injury(s) and action taken or report to an appointed child protection officer.
- If a child suffers an injury or accident parents/guardians should be informed.
- Keep a brief record of problem/action/outcomes, if behavioural problems arise. In the event of behavioural problems continuing or any such one incident that a coach feels the need to report to club officers, put the report in writing either by post or email to the club chairperson.

Coaches & Officers should avoid where possible:

- Spending excessive amounts of time with children away from others
- Taking sessions alone e.g. 1 Coach/1 Athlete.
- Taking children to their home other than having parental permission by text or writing and then once the child/children are collected, get a parents signature.
- Not getting involved with children through social media, such as facebook, twitter etc. Belgooly Athletic Club will not take responsibility for this action.

Coaches & Officers should not:

- Use any form of punishment or physical force on a child
- Exert undue influence over a participant in order to obtain personal benefit or reward.
- Engage in rough physical games, sexually provocative games or allow or engage inappropriate touching of any kind, and/or make sexually suggestive comments about, or to a child.
- Take measurements or engage in certain types of fitness testing without the presence of another adult.
- Make contact with any child through phone call/text/email without the express permission of parent/guardian. All correspondence to be made to parent/guardian.

Coaches & Officers should take caution:

- When transporting young people, ensure there is adequate insurance on their car and that they follow the rules of the road, including the legal use of seat belts.
- Ensure they do not carry more than the permitted number of passengers.
- Avoid being alone with one passenger, put passengers in the back seat, have central drop off locations. In the interest of any coach/officer parental permission should be obtained in writing if occurring on a regular basis. Belgooly Athletic Club will not take any responsibility for this action.
- Occasions may arise where a coach/officer may have no option but to transport participants/athlete alone. The coach/officer should before commencing make

phone contact with the athlete's parent/guardian to advise of the reason for transporting the athlete. If none of the athlete's family are available through contact then the coach/officer must advise the chairperson in advance.

- Avoid adults being left alone with young athletes, if a coach/officer needs to talk separately to a participant this should be done in an open environment, in view of others.

Overnight & Away Trips

- Written permission of parents/guardians should be obtained for all overnight away trips; this should include permission to travel, behaviour agreement and any medical/special needs of the participant and permission to treat the participant. This agreement should be signed by both parents/guardians and participant and a copy returned to the secretary of the club to be filed.
- Where there are mixed teams there should be leaders of both genders.
- Communicate with both parents/guardians and participant prior to the event, outlining travel times, competition details, and other activities, special needs (medical or dietary).
- Have as many contact details as possible of parents/guardians.