

## **Cratloe GAA Code of Conduct and Best Practice**

Cratloe GAA club is fully committed to safeguarding the well being of its members and players. Every individual in the club should at all times show respect and understanding for their rights, safety and welfare, and conduct themselves in a way that reflects the principles of the club and the guidelines contained in the code of ethics and good practice of the GAA.

### **Players:**

Young players can benefit greatly from sport in terms of enjoyment, personal development and learning new skills. As part of their development our players must be encouraged to realise that due to their participation they also have a responsibility to treat others with fairness and respect. With rights there will always be responsibilities.

Young players should be entitled to:

- Be safe and feel safe
- Have fun and experience a sense of enjoyment and fulfilment.
- Be treated with respect, dignity and sensitivity.
- Comment and make suggestions in a constructive manner.
- Be afforded appropriate confidentiality.
- Participate in games and competitions at levels with which they feel comfortable.
- Make their concerns known and have them dealt with in a appropriate manner.
- Be protected from abuse.
- Be listened to.

Young Players should always:

- Play fairly, do their best and enjoy themselves.
- Respect fellow team members.
- Represent their team, their Club and their family with pride and dignity.
- Respect all coaches, mentors, officials and their opponents.
- Shake hands before and after a game.
- Ensure that their coach/mentor/manager is informed in advance if they are unavailable for training and games.
- Know that it is acceptable to talk to the Club Children's Officer with any concerns or questions they may have.
- Adhere to acceptable standards of behaviour and to their Club's Code of Discipline.
- Tell somebody else if they or others have been harmed in any way.
- Respect their Club and its property.

Young Players should never:

- Cheat – always play by the rules.
- Shout at or argue with a games official, with their coach, their team mates or opponents and should never use violence.
- Use unfair or bullying tactics to gain advantage or isolate other players.
- Spread rumours.
- Tell lies about adults or other young people.
- Play or train if they feel unwell or are injured.
- Use foul or abusive language.

## **MENTORS**

All Coaches, Mentors and Trainers (referred to hereafter as Coaches) should ensure that young people and children benefit significantly from our games by promoting a positive, healthy and participatory approach to our work with underage players. In developing the skills levels of every player Coaches should always encourage enjoyment and fun while ensuring meaningful participation in our games and activities. Coaches should always remember that they are role models for the players in their care.

Coaches should maintain a child centred approach:

- Respect the rights, dignity and worth of every person.
- Treat each person equally.
- Be positive during coaching sessions, games and other activities so that young players always leave with a sense of achievement and an increased level of self-esteem.
- Recognise the development needs and capacity of all young players, regardless of their ability, by emphasising participation for all while avoiding excessive training and competition. Skills development and personal satisfaction should have priority over competition.
- Develop and understanding of relevant coaching methods and ensure that they have the appropriate level of coaching accreditation.
- Do not equate losing with failure and do not develop a preoccupation with medals and trophies. The level of improvement made by young players is the best indicator of effective coaching.

Coaches should lead by example:

- Never use foul language or provocative language/gestures to a player, opponent or match official.
- Only enter the field of play with the referee's permission.
- Do not question a referee's decision or integrity.
- Encourage players to respect and accept the judgement of match officials.
- Promote Fair Play.
- Promote the RESPECT initiative.
- Avoid smoking while working with young players.
- Do not consume alcohol or non prescribed drugs immediately prior to or while young players are in your care.
- Encourage parents to become involved in your team and club activities wherever possible.

Conduct of Coaches when working with under age players:

- Don't shout at or lecture players or reprimand/ridicule them when they make a mistake. Young players learn best through trial and should not be afraid to risk error so as to learn.
- Never use any form of corporal punishment or physical force.
- Avoid incidents of horse play or role play or telling jokes etc that could be misinterpreted.
- Ensure that all physical contact is appropriate and has the permission and understanding of the young person.
- Never undertake any form of therapy or hypnosis, in the training of children.
- Develop an appropriate working relationship with children based on mutual trust and respect.
- Challenge bullying in any form whether physical or emotional. Bullying is not acceptable behaviour be it from a young person, coach, parent/guardian, spectator or match official.

Avoid compromising your role as a Coach:

- Avoid a situation where you are alone in a car or dressing room with a player.
- Avoid taking coaching sessions on your own.
- Avoid spending excessive amounts of time alone with a player or away from others.
- Avoid taking young players to your home.

Best Practice:

- Ensure that all players are suitably and safely attired to play their chosen sport.
- Keep a record of attendance at training and at games by both players and coaches.
- Be aware of any special medical or dietary requirements of players as indicated on the registration forms or as informed by parents/guardians.
- Do not administer medication or medical aid unless you have received the necessary training to administer such aid.
- Be punctual and properly attired.
- Rotate the team captaincy and the method used for selecting teams so that
- the same children are not always selected to the exclusion of others (Up to U12 level).
- Set realistic – stretching but achievable – performance goals.
- Encourage parents/guardians to play an active role in organising and assisting various activities for your teams and your Club.
- Do not communicate individually by text/email with under age players.
- Use mobile phones, if deemed appropriate, only via a group text or email system for communicating with the parents/guardians of players. Any exception to this form of group texting can only be proceeded with, following permission from parents/guardians.
- Do not engage in communications with underage players via social network sites.
- Keep a record of any injuries and action subsequently taken. Ensure that
- another official/referee/team mentor is present when a player is being attended to and can corroborate the relevant details.
- Ensure that all dressing rooms and the general areas that are occupied by your
- players are kept clean and are not damaged in any way.
- If it is necessary to transport a child/young person in your car, ensure that they are seated in a rear seat with seat belts securely fastened.
- Make adequate provision for First Aid services.
- Do not encourage or permit players to play while injured.

### **Parents/Guardians**

Parents/Guardians have an influential role to play in assisting and encouraging their children to fully participate in Gaelic Games, whether by playing our games or attending training or coaching sessions.

In common with coaches and club personnel the parents/guardians of under age players should act as role models for their children as they participate in Gaelic Games.

Parents/Guardians should lead by example:

- Adopt a positive attitude to their children's participation in our games.
- Respect officials' decisions and encourage children to do likewise.
- Do not exert undue pressure on your child.
- Never admonish your own child or any other child for their standard of play.
- Be realistic in your expectations.
- Show approval for effort, not just results.
- Never embarrass a child or use sarcastic remarks towards a player.
- Applaud good play from all teams.
- Do not criticise playing performances.
- Do not seek to unfairly affect a game or player.
- Do not enter the field of play unless specifically invited to do so by an official in charge.

Parents/Guardians should:

- Complete and return the registration/permission and medical consent forms for their child's participation in the Club.
- Inform the coaches, and any other relevant Club personnel, of any changes in their child's medical or dietary requirements.
- Ensure that their child punctually attends training or games.
- Ensure your child has the proper equipment/training gear, e.g. helmets, shin guards, gum shields etc.
- Listen to what their child may have to say.
- Show approval whether the team wins, loses or draws a game.
- Never attempt to meet their own needs and aspirations for success and achievement through their children's participation in games.
- Show appreciation to volunteers, mentors and Club officials.
- Attend training and games on a regular basis.
- Assist in the organising of Club activities and events as requested.
- Be a role model for your child and maintain the highest standards of conduct when interacting with children, other parents, officials and organisers.

Parents/Guardians should assist their club by:

- Showing appreciation to volunteers, mentors and club officials.
- Attending training and games on a regular basis.
- Assisting in the organising of club activities and events as requested.
- Respecting the rights, dignity and worth of every person and by treating each one equally regardless of age, gender, ability, ethnic origin, cultural background or religion.

Parents have the right to:

- Know their child is safe and to make a complaint if they believe that their child's safety is in any way compromised.
- Be informed of problems/concerns relating to their child.
- Be informed if their child gets injured.
- Complain if they have concerns about the standard of coaching.
- Have a say in relation to decisions being made within the club.

## Discipline Levels

The use of sanctions is an important element in maintaining discipline. Coaches have the authority to apply sanctions where deemed necessary, however, coaches need to have a clear understanding of where and when particular sanctions are appropriate. The age and development stage of the player should be taken into consideration when using sanctions. The following steps are suggested:

Minor offences: such as poor conduct or continuous rule breaking

The child will be spoken to and if necessary the parents/guardian will be informed. If the offence continues, the coach has the right to suspend the player from training for a defined period.

Serious offences such as:

- Continuous breaches of discipline
- Refusal to carry out the instructions of the coach
- Willful damage to club property or that of visiting teams, or
- Bringing the club into disrepute through the players actions during a training session, match or any event organised by the club.

In the event of such incidents occurring, the coach can ask the parent/guardian to collect their child from training/match and suspend the player from playing or training for a defined period. The coach may also report the incident to the executive committee of Cratloe GAA if s/he deems necessary. On receipt of any such complaint the executive committee or sub-committee thereof will investigate the incident and recommend any further punishment deemed proportionate to the offence involved.

Club Rules:

All players can only play in their own age group and up to one level up.

If a player is asked to play at the next level, their first commitment is to their own age group i.e. if a player is U10 and is asked to join U12 group, they must play their U10 matches as well as U12s.

Failure to play with their own age group will result in the player not being allowed to play at the next level. This rule applies from U6 up to Minor.

Only players, mentors and officials are allowed onto the pitch during matches or training sessions.

All Players must wear appropriate gear when training or playing matches. Hurling: It is compulsory for all Players to wear their helmet at training/matches. Football: It is compulsory for all Players to wear a mouthguard at training/matches.

Use of Club Gym.

U16s not permitted

All users must sign in and out of the book

Non-members are not permitted to use the Gym

Respect the rules outlined in using the Gym

I have read the Club's Code of Conduct and Best Practice and hereby commit to adhere to the rules as outlined:

Signature(s) of Club player(s)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_