

Pallasgreen GAA Code of Conduct



Pallasgreen GAA Club, Code of Conduct for Coaches/Selectors/Mentors.

Coaches, Mentors and Officials

Pallasgreen GAA Club recognises the key role coaches, mentors and officials play in the lives and development of young players and for that reason it is vitally important that they lead by example displaying appropriate behaviour while representing the club be it at training or matches.

All Coaches, Mentors and Officials (referred to hereafter as Coaches) should ensure that players benefit significantly from our games by providing a positive, healthy and encouraging ethos for all. In developing the skills levels of every player, you should always encourage enjoyment, fun and participation in our games and activities. Coaches should always remember that they are role models for the players under their guidance.

Recruitment of Coaches

All Coaches working with young people and children are required to be suitable for their chosen role and should be appropriately trained and supported to fulfil such roles. All persons working or volunteering for such roles are now required to undertake agreed Garda Vetting, to possess a Coaching Education Qualification and to attend Gaelic Games Child Safeguarding training relevant to their roles. Pallasgreen GAA Children's Officer and the Club Executive monitor will seek verification of all of these.

Coaches should maintain a child centred approach

- Respect the rights, dignity and worth of every person.
- Treat each person equally regardless of age, gender, ability, ethnic origin, cultural background or religion.
- Be positive during coaching sessions, games and other activities so that underage players always leave the field with a sense of achievement and an increased level of self-esteem.
- Recognise the development needs and capacity of all underage 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 when working with underage players.
- Develop an 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 underage 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.
- Encourage players to respect and accept the judgement of match officials.
- Promote Fair Play.
- Promote the RESPECT campaign.
- Do not smoke while working with underage players.
- Encourage parents to become involved in your team and club activities wherever possible.

Conduct of Coaches when working with young people

- Don't shout at or lecture players or reprimand/ ridicule them when they make a mistake. Players learn best through trial and error. Players should not be afraid to risk error so as to learn.
- The use of any form of physical punishment is prohibited as is any form of physical response to misbehaviour, unless it is by way of restraint.
- Avoid incidents of horse play or role play or telling jokes etc. that could be misinterpreted.

- Develop an appropriate working relationship with players 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, mentor, parent or guardian.

Avoid compromising your role as a Coach

Some activities may require coaches to come into physical contact with underage players in the course of their duties. However, coaches should;

- Avoid taking coaching sessions on your own.
- Only deliver one to one coaching, if deemed necessary, in a group setting.
- Avoid unnecessary physical contact with an underage player and never engage in inappropriate touching of a player.
- Be aware that any necessary contact should be determined by the age and development of the player and should only take place with the permission and understanding of the player and in an open environment in the context of developing a player's skills and abilities.

Best practice

- As a Coach always be punctual and properly attired.
- Ensure that all players are suitably and safely attired to play their chosen sport. e.g. helmets, mouth guards
- Keep a record of attendance at training and at games by both players and coaches.
- Be accompanied by at least one other adult in underage team dressing rooms.
- Set realistic - performance goals for your players and team.
- Keep a record of each injury and action taken. Ensure that another official /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 and other club personnel, prior to, during or immediately following the completion of any match are kept clean and are not damaged in any way.

- Make adequate provision for First Aid services. Ensure to have a first aid responder attend each game, provide adequate water before during and after training and games to assist proper hydration of players
- Do not encourage or permit players to play while injured.
- Be aware of any special medical or dietary requirements of players as indicated on the medical consent/registration forms or as informed by parents/guardians.
- With the expressed permission of parents/guardians be willing to keep necessary and emergency medication of players in a safe and accessible place for administration in accordance with the wishes of the parents/guardians.
- Do not administer medication or medical aid unless you are willing to do so and have received the necessary training to administer such aid.
- Use mobile phones, if deemed appropriate, only via a group text or email system for communicating with the parents/guardians of players. Do not communicate individually by text/email with underage players.
- Do not engage in communications with underage players via social network sites.
- Encourage parents/guardians to play an active role in organising and assisting various activities for your teams and your Club.
- 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.
- With the exception of their own child a coach should not transport a child alone, except in emergency or exceptional circumstances.

Pallasgreen GAA Adult Players – Code of Conduct

Players should lead by example

- Respect all coaches, mentors, officials and their opponents.
- Adopt a positive attitude to their fellow player's participation in our games.
- Respect officials' decisions and encourage players to do likewise.
- Never embarrass a player or use sarcastic remarks towards a player. (Remember this can be interpreted as abuse towards your fellow player)

- Applaud good play from all teams.
- Do not criticise playing performances. Identify how improvements may be made.
- Adhere to acceptable standards of behaviour and to their Club's Code of Discipline.
- Have their club membership fee paid not later than the 31st March.
- When the player signs a membership form as with Pallasgreen GAA Club they are agreeing to abide by this Code of Conduct and to any other policies or codes in the Club and National Governing Body.

Players should encourage their fellow players to

- Improve their skills levels.
- Appreciate everybody on their team, regardless of ability.
- Maintain a balanced and healthy lifestyle with regard to exercise, food, rest and recovery.

Players should never

- Shout at or argue with a game's 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.
- Play or train if they feel unwell or are injured.
- Use unacceptable language or racial and/or sectarian references.

Players respect for Referees

Throughout the Code of Behaviour emphasis has been placed on the need to co-operate with and facilitate those that organise and deliver our games and activities. Referees are key people in the delivery of our games and should be respected and assisted in their roles.

Referees do realise that they are instrumental in ensuring our games are played fairly and that all participants are treated with respect. In common with all others who

participate and play our games Referees also have a responsibility to implement this Code of Conduct.

Players have a central role to play in the delivery of this aspect of our Game. The manner in which we accept the role, authority and decisions of a referee will impede on the development of our code of practice within our club. (Always, maintaining composure regardless of the circumstances).

Players can assist their club by

- Showing appreciation to volunteers, mentors and club officials.
- 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

Pallasgreen GAA Club intends to implement our 'Code of Conduct' in association with the Gaelic Athletic Association 'Code of Conduct'. These roles and responsibilities are outlined in greater detail on the GAA website. The safeguarding of our members will always be a key priority as we recognise that the welfare of the player is of paramount importance.

We wish to see this Code developed, promoted and implemented as an initiative that encourages fair play, respect, equality, safety and non-discrimination in all aspects of our games within the Pallasgreen GAA Club.

Juvenile Players of the Pallasgreen GAA Club Code of Conduct

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

When a young person signs a membership form as a player with Pallasgreen GAA Club they are agreeing to abide by this Code of Conduct and to any other policies or codes in the Club and National Governing Body.

YOUNG PLAYERS should be entitled to

- Be safe and feel safe.
- Have fun and experience a sense of enjoyment and fulfillment.

- 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 a level at which they feel comfortable.
- Be listened to.
- Make their concerns known and have them dealt with in an appropriate manner.
- Be protected from abuse.

YOUNG PLAYERS should always

- Play fairly, do their best and enjoy themselves.
- Respect fellow team members regardless of ability, ethnic origin, cultural background or religion.
- Support fellow team members whether they do well or not so well.
- Represent their team, their club and their family with pride and dignity.
- Respect all coaches, mentors, officials and their opponents.
- Be gracious in defeat and modest in victory.
- Shake hands before and after the game irrespective of the result.
- Inform their coach/mentor/manager when they are unavailable for training and games.
- Talk to the Club Children's Officer with any concerns or questions they may have.
- Adhere to acceptable standards of behaviour and their Club's Code of Discipline.
- Tell somebody else if they or others have been harmed in any way.
- Take due care of club equipment.

YOUNG PLAYERS should not

- Cheat – always play by the rules.
- Shout at or argue with an official, team mates or opponents or 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 unacceptable language or racial and/or sectarian references.

Parents'/Guardians of the Pallasgreen GAA Club Code of Conduct

GAA Code of Conduct in Youth Sport – PARENTS /GUARDIANS

Parents/Guardians have an influential role to play in assisting and encouraging their children to adopt a positive attitude and in encouraging them to maintain an involvement in sport. They should always be a good role model for their children.

Parents/Guardians should encourage their child to

- Play by the rules.
- Improve their skills levels.
- Appreciate everybody on their team, regardless of ability.

Parents/Guardians should lead by example

- 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 their 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.
- Don't criticize playing performances. Identify how improvements may be made.

- Do not seek to unfairly affect a game or player.
- Do not enter the field of play or play area unless 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 mentors of any change in their child's medical or dietary requirements prior to coaching sessions, games or other activities.
- Ensure that their child punctually attends coaching sessions/games or other activities.
- Provide their child with proper clothing and equipment.
- Ensure that the nutrition/hydration and hygiene needs of their child are met.
- Avoid asking a child or young person, 'How much did you score today or what did you win by or what did you lose by.' Ask them 'did they enjoy themselves'.
- Listen to what young people 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.

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.
- Respect the rights, dignity and worth of every person and treat each one equally regardless of age, gender, ability, ethnic origin, cultural background or religion.

Parents/Guardians 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. GAA Code of Best Practice in Youth Sport

Code of Conduct for Supporters

Supporters have a responsibility to ensure that all spectators conduct themselves in an acceptable and well behaved manner at all times, when attending our games and competitions.

Supporters add to the enjoyment of our games by

- Applauding good performance and efforts from your Club's players and from your opponents, regardless of the result.
- Condemning the use of violence in any form, be it by fellow spectators, coaches, officials or players.
- Encouraging players to participate according to the rules and the referees' decisions.
- Demonstrating appropriate behaviour by not using foul language or harassing players, coaches or officials.
- Respecting the decisions of all officials.
- Never ridiculing or scolding a player for making a mistake during games or competitions.
- Showing respect to your club's opponents. Without them there would be no games or competitions.
- Upholding the principles of FAIR PLAY and RESPECT for all

Signed _____

(Chairman of Pallasgreen GAA (Senior) Club),

Signed _____

(Secretary of Pallasgreen GAA (Senior Club)).

Dated:

Code Declaration /Signatory

This Code of Behaviour addresses the minimum levels of behaviour, practise and conduct required from our Young Players, Coaches, Officials, Managers, Supporters, Parents and Clubs.

DECLARATION

I _____ (print name) acknowledge that I have received a copy of the Code of Behaviour (Underage), which I have read and understood in full.

I agree to be bound by the principles set out in the Code when participating, playing or attending our Gaelic Games.

Signed: _____ (Player)
Date: _____

Signed: _____ (Parent/Guardian)
Date: _____

Signed: _____ (Coach/Referee)
Date: _____