

## St Brigids GAC Belfast Code of Conduct

That all:

- **Respect** the rights, dignity and worth of every person and treat each one equally regardless of age, gender or ability.
- Ensure that **nobody** involved with the team acts towards or speaks to another person in a manner or engages in any other conduct which **threatens, disparages, vilifies or insults** another person on the basis of that person's race, religion, colour, descent, national, ethnic or socio-economic background.
- Be **positive** during coaching sessions so that participants always leave with a **sense of achievement** and an **increased level of self-esteem**.
- **Recognise the development needs** of young players (avoid excessive training or competition) and ensure that they are matched on an individual or team basis.
- **Consideration is given to rotating the team captain** and the method used for selecting teams so that the same players are not always last to be selected.
- Be **punctual, properly dressed, lead by example**, avoid smoking or the consumption of alcohol in presence of young people.
- **Plan and prepare** appropriately for each session and ensure proper levels of supervision.
- Ensure the Executive has granted permission before taking photographs, making videos or fitness testing e.g. measuring body fat, etc.
- Ensure games, activities and playing equipment are customised to suit the needs of those involved in terms of age, ability, experience and maturity.
- **Avoid over-coaching** i.e. insisting upon set (stereotyped) playing patterns where individual decision-making and creativity are stifled or where people are confined to playing in set positions on a continuous basis.
- **Don't shout at/lecture players or reprimand/ridicule** them when they make a mistake.
- **Set realistic – stretching but achievable – performance goals.**
- Praise and reinforce effort/commitment and provide positive feedback.
- Don't equate losing with failure and do not develop a preoccupation with medals and trophies. The level of improvement made by players is the best indicator of Coaching Effectiveness.

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- Encourage parents/supporters to play an active role in organising activities and to draft a Code of Discipline for everyone involved.
- Never use any form of corporal punishment or physical force.
- Never use foul language or provocative language/gestures to a player, opponent or match official.
- If at all possible do not take coaching sessions on your own.
- Make adequate provision for First Aid and Coaches are encouraged to take the first aid course set up by the club. Do not encourage or allow players to play while injured. (Keep an adequate record of each injury and ensure that another official – umpire/member of Coaching Staff – is present when a player is being attended to and can corroborate the relevant details).
- Ensure players are safely attired and that proper insurance arrangements are in place.
- Ensure that all dressing rooms and areas occupied by the team, prior to, during or immediately following the completion of any match are kept clean and are not damaged in any way.
- Reinforce the use of safety belts are worn at all times and cars are not overcrowded.
- Request that parents deliver the child to match games and report arrival to the managers. We will only supervise for 15 minutes before and after designated times.
- That we will obtain mobile telephone numbers for emergency purposes.
- That we will receive permission for away matches.
- Ensure immediate response to accidents and complaints.
- In that parents complete an authority to allow their children to travel when they complete the yearly membership form.