

Code of Conduct and Best practices for Coaches



In keeping children and young people at the forefront of planning and practice and our ethos for football for all, our coaches can be confident that participants will enjoy their football experiences and that their actions are regarded as safe and in keeping with the principle that the safety and welfare of children is of paramount consideration.

Our Coaches are given a position of trust by parents/guardians and players and are expected to operate to the highest standards of behaviour whilst in the company of underage players (under 18years). Our coaches are also expected not to engage in any activity that could reasonably be viewed as bringing the club or soccer in general into disrepute.

It is important to for our coaches to note that in adhering to these guidelines ensures not only a safe environment for children but also a safe environment in which coaches and volunteers can operate. The comprehensive FAI Codes of Ethics & Best Practice guidelines is available at www.fai.ie

Most coaches work in an environment where it is recognised that, in a sporting context, certain types of coaching require a 'hands on approach', i.e., it may be necessary to support a participant in order to physically demonstrate a particular technique. This should only occur when necessary and in an open and appropriate way with the knowledge, permission and full understanding of the participant concerned and his/her parents/guardians.

Coaches must realise that certain situations or friendly actions could be misinterpreted, not only by the player, but by outsiders motivated by jealousy, dislike or mistrust and could lead to allegations of sexual misconduct or impropriety. Therefore, coaches should be aware of, and avoid all situations conducive to risk.

Where possible, our coaches/volunteers should avoid:

- Spending excessive amounts of time with children away from others.
- Taking sessions alone (always employ "Two Deep" supervision).
- Taking children to their homes.
- Taking children on journeys alone in their care.

Our Coaches/volunteers should never:

- Exert undue influence over a participant in order to obtain personal benefit or reward.
- Share a room with a young person alone on away trips.
- Engage in rough physical games, sexually provocative games or allow or engage in
- Inappropriate touching of any kind, and/or make sexually suggestive comments about or to a child.
- Use any form of corporal punishment or physical force on a young person.
- Take measurements or engage in certain types of fitness testing without the presence of another adult and permission from the Committee.
- Undertake any form of therapy (hypnosis etc.) in the training of young people.

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Safety guidelines for coaches

Coaches have a responsibility to ensure the safety of all players possible within the limits of their control. Therefore, coaches should seek to create a safe and enjoyable environment in which to play and train.

In this respect:

- Regular safety checks should be carried out in relation to premises, training facilities and equipment. Any problems should be brought to the attention of the Committee.
- Appropriate safety rules should be adopted and implemented, and protective equipment should be used in any contact training session.
- Parents/guardians should be informed of the starting and finishing times of training sessions and matches.
- A first aid kit should be available at all training sessions /matches and injuries should be recorded, with a note of action taken in relation to each one.
- Parents/Guardians should be notified of injuries/illness which their children incur while participating in any football activity.
- Never play injured players.
- **Ensure that the FAI Goalpost safety policy is strictly adhered to at all times**

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All coaches at Ballina Town FC must read this code of conduct and sign their name giving an understanding that they will follow this code of conduct at all times.

As a coach at Ballina Town FC I will:

- Complete Garda Vetting before commencing my role and I will complete the Safeguarding 1 course.
- Respect the rights, dignity and worth of each person and treat each person equally within the context of the sport.
- Not subscribe to the ethos of “win at all costs”.
- Place the health, well-being and safety of each player above all other considerations.
- Abide by the rules of the game.
- Strive to develop an appropriate working relationship with each player based on mutual respect.
- Have particular regard for the code when working with young players in the game.
- Not exert undue influence to obtain personal benefit or reward.
- Guide players to accept responsibility for their own behaviour and performance.
- Ensure that the activities and strategies that I direct and advocate are appropriate for the age, maturity, experience and ability of players involved.
- Clarify with the players (and if under 18, their parents/guardians) exactly what is expected of them and also what they are entitled to expect from the coach.
- Co-operate with specialists within the game e.g. other coaches, officials, sports scientists, doctors and physiotherapists etc. in the best interest of the players.
- Be conversant with the laws of the game and the rules of any competition in which a team under his/her stewardship is participating.
- Encourage players to adhere to the clubs code.
- Observe the highest standards of integrity and fair dealing.
- Promote a positive approach to the game e.g. fair play, honest endeavour and genuine teamwork.
- Not encourage or condone violations of the laws of the game, behaviour contrary to the spirit of the game, or the use of questionable strategies or tactics.
- Not encourage or condone the use of prohibited substances.
- Consistently display high standards of behaviour and comment.
- Use or tolerate the use of inappropriate language.
- Demonstrate due respect towards match officials.
- Accept the decisions of the match officials

I understand that if I do not follow the Code of Conduct, action may be taken by my club, league or national association.

Name in capitals _____

Signed: _____

Date: _____