

COACHES, MENTORS AND TRAINERS

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 under age 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.

Recruitment of Coaches

All Coaches working with young people and children are required to be suitable for their chosen role(s), and should be appropriately trained, qualified and supported to fulfil such roles. All persons working or volunteering for such roles will participate in agreed recruitment and selection procedures and shall attend coaching and training courses relevant to their roles.

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 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 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 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 decisions or integrity.
- Encourage players to respect and accept the judgement of match officials.
- Promote Fair Play.
- Promote the RESPECT initiative



**SAFETY
FAIR PLAY
EQUAL
OPPORTUNITIES
and
RESPECT**

- 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.



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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 medical consent/registration forms or as informed by parents/guardians
- 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.
- 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.
- 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 occur following permission from parents/guardians.
- Do not communicate individually by text/email with under age players.
- Do not engage in communications with under age 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 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.
- 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 or unwell.