

Code of Conduct for Young Athletes

Sport should be SAFE, FUN and conducted in a SPIRIT OF FAIR PLAY.

As a young person you are entitled to the best possible environment to participate in sport.

You deserve to be given enjoyable, safe sporting opportunities, free from abuse of any kind.

You have rights, which must be respected, and responsibilities that you must accept.

You should always treat other athletes and team leaders with fairness and respect.

You are entitled to:

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity, and respect
- Have your voice heard in your sport
- Participate on an equal and non-discriminatory basis
- Have fun and enjoy your sport
- Experience competition at a level at which you are happy
- Make complaints and have them dealt with
- Get help against those who bully
- Say No
- To protect your body
- Privacy and confidentiality

You should always:

- Treat all group or team members and your Sports Leaders with respect
- Act fairly and responsibly at all times, do your best
- Respect other group or team members
- Respect opponents and be gracious in defeat
- Abide by the rules as set out by the group or team you are with
- Support and assist where appropriate with the running of your group

You should never:

- Cheat or seek to gain an unfair advantage
- Intimidate, use violence or physical contact that is not welcome
- Shout at or argue with another person unreasonably
- Cause harm to or damage property
- Bully or threaten another person online or offline
- Take banned substances or consume alcohol or recreational drugs
- Spread or circulate rumours online or offline about another person
- Tell lies

Code of Conduct for Children

Being in Raheny Shamrocks should be fun for you.

When you are with Raheny Shamrocks you should feel safe.

You deserve the best environment to take part in athletics.

You should always treat other children and your coaches with respect and fairness.

You have rights which must be respected. You also have responsibilities that you must accept.

When with Raheny Shamrocks you are entitled to

- Be safe and to feel safe
- Be treated fairly
- Be Listened to
- Be believed
- Have your voice heard when decisions are being made
- Have fun and enjoy your sport
- Take part in competition at a level you are happy with
- Be able to complain to your coaches or the club and trust that they will deal with your complaint
- Get help against anyone who bullies you
- Feel it is OK to say No
- Have privacy and confidentiality
- Know who to go to if you feel unsafe

You should always:

- Be friendly and treat the other children with respect
- Treat your coaches with respect
- Listen to your coaches and follow their instructions
- Tell your parents, your coaches or you the Children's Officer if you feel unsafe, feel you have been treated unfairly or if you do not understand something
- Act fairly
- Do your best
- Respect children from other clubs
- Show good sportsmanship
- Follow any rules that your group and your coaches have developed
- Take part in at least one competition each year

You should never:

- Cheat
- Threaten other people or be violent or use physical contact that is not welcome
- Shout at or argue with another person unreasonably
- Damage property
- Mock, bully, threaten or spread rumours about another person online or offline
- Tell lies
- Leave your group without telling your coach

Code of Conduct for parents

Athletics should be SAFE, FUN and conducted in a spirit of FAIR PLAY

Sports leaders need the support of parents in conveying the safe, fun and fair play message

Parents play a key role in children's enjoyment of sport and in creating the safest possible environment for children to play sport

You can help promote best practice in our club by:

- Understanding and helping your child to understand and abide by the code of conduct.
- Being a role model for your child by maintaining the highest standards of personal conduct and respectful behaviour at any activity related to the club.
- Setting a good example by recognising fair play and applauding effort and performance of all.
- Allowing your child to focus their effort and success in terms of their personal goals rather than winning being the main objective. Recognising effort and good performance not just results.
- Showing respect to the coaches.
- Letting coaches know any appropriate information in relation to your child to allow their safe and full inclusion in the club
- Letting coaches know if you have any concerns, queries, or suggestions about your child or the running of the group. This should be done in an appropriate manner and if possible not in front of the children.
- Following the complaints process if you feel that your concern has not been dealt with effectively or appropriately
- Taking responsibility for delivering and collecting your child at the designated location for training (or competitions) and ensuring your child is not left unsupervised at any time.
- Volunteering and helping out with coaching sessions or supervising at competitions or in any other way that may be required
- Ensuring you and your child know who the Children's Officer is.