

Child Protection Policy
Code of Practice for Parents and Young Athletes
Blackrock Athletic Club Juvenile Section

Mission

The objective of Blackrock Junior Athletic Club is to promote athletics in Blackrock and the surrounding area. It operates in a safe, caring, friendly and fun loving environment and endeavours to provide the necessary coaching expertise required to enable young athletes of all abilities to reach their full potential. It lays special emphasis on fair play and sportsmanship and actively encourages the development of such attributes as team work and leadership.

Club Commitment

Blackrock Athletic Club Juvenile Section is committed to ensuring that all young people who join the club have a safe and positive experience. The club is committed to developing and implementing policies and procedures to ensure that everyone knows and accepts their responsibility in relation to a duty of care for young people.

Blackrock AC recognises that it is not the responsibility of those individuals coaching, officiating and volunteering within the club to determine if abuse has taken place, but it is their responsibility to act upon and report any concerns. If any person within the club has a doubt to this policy's relevance to their role and duties then please contact the clubs Child Welfare Officer.

Child Welfare Officer: Peter Cosgrave, Ph: 087 6200836

The Club and those involved with the club will abide by the following principles and statements:

- All young people within Blackrock AC, regardless of age, gender, ethnicity, race, religion, sexual orientation, ability or disability, have the right to be protected.
- All young people participating in sport have a right to do so in a safe environment.
- All adults involved with the club will provide a safe, positive and fun, sporting experience for young people.
- All volunteers, coaches and officials will understand and be supported in their role and responsibility with regard to the duty of care for young people.
- All suspicions and allegations will be taken seriously, managed and dealt with swiftly and appropriately.
- The club will assist coaches, volunteers and officials to remain up-to-date with the latest safeguarding and child protection issues.
- The club will appoint a Child Welfare Officer whose role is to be responsible for issues concerning child welfare at the club.

<p style="text-align: center;">Code of Conduct for Young Athletes Blackrock Athletic Club Juvenile Section</p>
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Young athletes are entitled to:

- Be listened to.
- Be believed.
- Be safe and to feel safe.
- Be treated with dignity, sensitivity and respect.
- Have a voice in the club.
- Participate on an equal basis.
- Be happy, have fun and enjoy sport.
- Experience competition at a level at which they feel comfortable.
- Make complaints and have them dealt with.
- Get help against bullies.
- Say no.
- To protect their own bodies.
- Confidentiality.

Young athletes should always:

- Treat their coaches, officials and volunteers in the club with respect.
- Play fairly at all times, do their best.
- Respect their team members at all times, event when things go wrong.
- Listen to coaches' instructions during training sessions.
- Wear the club singlet during competitions
- Respect opponents, be gracious in defeat.
- Abide by the rules set down by coaches when travelling to and during competitions and away events.
- Behave in a manner that will not bring the sport into disrepute.
- Take responsibility for their own belongings
- Talk to the children's officer (Peter Cosgrave) or any of the coaches if they have any problems.

Young athletes should never:

- Cheat.
- Use violence or physical contact that is not allowed within the rules.
- Shout or argue with coaches, officials, team mates or opponents.
- Harm team members, opponents or their property.
- Bully or use bullying tactics to isolate another athlete in the club.
- Use unfair or bullying tactics to gain advantage.
- Keep secrets, especially if they have been caused harm.
- Take banned substances.
- Tell lies about adults or other young people in the club.
- Spread rumours.

**Code of Conduct for Parents and Guardians
Blackrock Athletic Club Juvenile Section**

Parent and Guardians should:

- Be a role model for your child and maintain the highest standards of conduct when interacting with children, other parents, coaches, officials and volunteers.
- Encourage your child to learn the rules of their chosen event and play within them.
- Discourage unfair play and arguing with officials or coaches.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport especially if they are injured or unwell.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Encourage and guide your child to accept responsibility for their own performance and behaviour.
- Ensure you are familiar with the start and finish time of your child's training session or competition and that they are picked up on time.
- Ensure that the training session is taking place when the weather is bad.
- Ensure that all belongings are removed at the end of each training session.
- Provide written confirmation to the club if your child has permission to walk home during or at the end of their training session.

**Code of Conduct for Coaches, Officials and Volunteers
Blackrock Athletic Club Juvenile Section**

All coaches, officials and volunteers at the club should:

- Complete Volunteers application form and Garda Vetting form
- Be positive during training sessions and competitions and praise and encourage effort as well as results.
- Plan and prepare appropriately.
- Put welfare of young person first, strike a balance between this and winning/results.
- Encourage fair play and treat participants equally.
- Recognise developmental needs, ensuring activities are appropriate to the age, ability and experience of those taking part.
- Be qualified and up-to-date with knowledge and skill of sport and athletics for young people and be willing to undertake training courses and workshops relevant to Athletics Ireland.
- Involve parents where possible and inform parents when problems arise.
- Keep record of attendance at training.
- Keep a brief record of injury(s) and action taken.

- Keep a brief record of problem/action/outcomes, if behavioural problems arise
- Encourage athletes to value their performances and not just results.
- Encourage athletes to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Be familiar with club policies and procedures.

Where possible coaches, officials and volunteers should avoid:

- Spending excessive amounts of time with children away from others.
- Taking sessions alone.
- Taking children to their home.
- Taking children on journeys alone in their car.

Coaches, officials and volunteers should not:

- Use any form of punishment or physical force on a child.
- Exert undue influence over a participant in order to obtain personal benefit or reward.
- Engage in rough physical games, sexually provocative games or allow or engage inappropriate touching of any kind, and/or make sexually suggestive comments about, or to a child.
- Take measurements or engage in certain types of fitness testing without the presence of another adult.
- Undertake any form of therapy (hypnosis etc) in the training of children.

Further Information

More detailed information on the Code of Ethics & Good Practice For Children in Athletics can be found on the Athletics Ireland website under the Child Welfare and Club Development Section or on www.athleticsireland.ie/docs/CodeofConduct.pdf

Code of Practice for Parent and Young Athletes - Signatures

I have read and I understand the Blackrock Athletic Club Juvenile Section Code of Conduct for Parents and Young Athletes and I agree to respect and abide by the guidelines and Code at all times. I will also ensure that my son or daughter will read and understand the Club Code of Conduct. I understand that photographs will be taken during or at, sport related events and may be used in the promotion of the Blackrock Athletic Club Juvenile Section.

Signed:

Parent/Guardian _____ Date _____

Athlete 1 _____ DOB _____

Athlete 2 _____ DOB _____

Athlete 3 _____ DOB _____