

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

Recruitment of Coaches, Assistant Coaches and Volunteers

A new age group coach, coach assistant or new member of the support team cannot commence working with a juvenile group until they have met the Club's Children's Officer and had their Garda Vetting completed.

A new age group coach who is given a group to look after must be briefed on what is expected of them in terms of the clubs coaching policies. The new age group coach shall be under the guidance, supervision and direction of the relevant club senior coach.

All new coaching assistants must be briefed by the coach in charge of the age group on what is expected of them.

When an individual is recruited for coaching they will be required to undergo training to at least AAI level I and to attend Child Safety Course I.

If a coach fails to comply with the club approved training plan or implements training protocols that are out of step with the club ethos that individual will be asked to cease coaching.

All coaches, assistant coaches and volunteers must ensure their vetting is up to date and renewed every 4 years. All coaches should ensure they refresh their skills.

Code of Conduct for Coaches, Assistant Coaches and Volunteers:

All coaches, officials and volunteers at the club should lead by example and :

- Not coach until they have completed Garda vetting.
- Be 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 Athletic Ireland.
- Attend training at least to AAI level 1 (or club equivalent) and Child Safety level 1.
- Be familiar with club policies and procedures.
- Obtain a listing of registered athletes for their age category and ensure that only registered athletes attend the training sessions.
- Be aware of any medical requirements of the athletes in their care as indicated on the registration forms.
- Be punctual, and prepared for training sessions.
- Ensure that the training plan is appropriate for the athlete's age group and ability.
- Confirm that they agree with the club coaching policy.

- Be positive during training sessions and competitions and praise and encourage effort as well as results.
- Be aware of the first aid services available.
- Put the welfare of young athletes first, ensuring they leave with a sense of achievement and increased self-esteem.
- Encourage fair play and treat participants equally.
- Involve parents where necessary and inform parents when problems arise.
- 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.
- Challenge bullying in any form.
- Communicate with children on social media only via their parents.
- Encourage parents to get involved in club activities.

Coaches, officials and volunteers should avoid:

- Spending excessive amounts of time with children away from others.
- Being isolated with individual children on training runs.
- Taking coaching sessions alone.
- Taking children to their home.
- Being left alone with a sole child awaiting collection.
- Communicating with children outside of the training sessions.
- Encouraging athletes to run while injured.
- Unnecessary physical contact with an underage athlete.

Coaches, officials and volunteers should not:

- Use any form of physical punishment or force on a child.
- Use bad language, shout offensively or ridicule athletes.
- Smoke while working with underage athletes.
- Consume alcohol or non-prescription drugs immediately prior to or while underage athletes are in your care.
- Administer any medication or medical aid unless trained to do so.
- Take measurements or engage in fitness testing without the presence of another adult.
- Communicate with underage athletes individually via text or email or by social media.
- Transport a child alone.
- Bring a child alone to a bathroom or attend in a changing room alone with an underage athlete.
- Engage in rough physical games, provocative games or allow or engage in inappropriate touching of any kind with an underage athlete.
- Undertake any form of therapy (hypnosis, etc.) in the training of children.