

3. Guidelines

3.1 Guidelines for Young Players

Enniscrone Kilglass G.A.A Club wish to provide the best possible environment for all young players involved in Gaelic Football. Young players deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. These players have rights, which must be respected, and responsibilities that they must accept.

Young players are entitled to:

- ❖ Be safe and to feel safe
- ❖ Be listened to and be believed
- ❖ Be treated with respect, dignity and sensitivity
- ❖ Have a voice in the club / organisation
- ❖ Participate on an equal basis
- ❖ 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
- ❖ Protect their own bodies
- ❖ Confidentiality

Young players should always:

- ❖ Treat all mentors (coaches, managers, selectors, club officials, etc.,) with respect
- ❖ Play fairly
- ❖ Respect team members - even when things go wrong
- ❖ Respect opponents - be gracious in defeat
- ❖ Abide by the rules Treat all mentors (coaches, managers, selectors, club officials set down by team managers when traveling to away events
- ❖ Behave in a manner that avoids bringing the sport of Gaelic Football into disrepute
- ❖ Talk to children's officer if they have any problems

Young players should never:

- ❖ Cheat
- ❖ Use violence or physical contact that is not allowed within the rules
- ❖ Shout or argue with officials, teammates or opponents
- ❖ Harm team members, opponents or their property
- ❖ Bully or use bullying tactics to isolate another player
- ❖ Use unfair or bullying tactics to gain advantage
- ❖ Take banned substances
- ❖ Keep secrets, especially if they have been caused harm
- ❖ Tell lies about adults / other players

- ❖ Spread rumors

3.4 Guidelines for Mentors

Enniscrone Kilglass G.A.A Club recognises the key role mentors play in the lives of children in sport. Mentors should strive to create a positive environment for the young players playing Gaelic Football. Mentors have an overall responsibility to take the steps necessary to ensure that positive and healthy experiences are provided.

Mentor Behaviour:

- ❖ Mentors must act as a role model and promote the positive aspects of Gaelic Football and maintain the highest standards of personal conduct - your behaviour to players, other officials, and opponents will have an effect on the players in your care
- ❖ Mentors should respect the rights, dignity and worth of every player and treat each player equally, regardless of ethnic origin, religion or ability
- ❖ Encourage the development of respect for opponents, officials, selectors and other coaches and avoid criticism of mentors and officials
- ❖ Avoid working alone at all times. Ensure there is adequate supervision for all activities. It is important to realise that certain situations or friendly actions could be misinterpreted by the participant or by outsiders
- ❖ The use of drugs, alcohol and tobacco must be actively discouraged as being incompatible with a healthy approach to sporting activity. Mentors should avoid the use of alcohol, before coaching, during events and on trips with young players
- ❖ When travel/overnight stays are involved, the mentors traveling with child must sign a separate agreement. Parents and players will also be asked to sign permission forms in these instances

Dealing with Players:

- ❖ Be generous with praise and never ridicule or shout at players for making mistakes or for losing a game
- ❖ Remember that young players play for fun and enjoyment and that skill development and personal satisfaction have priority over highly structured competition. Never make winning the only objective - see Player Pathway
- ❖ Set realistic goals for the players and do not pressurize young players
- ❖ Be careful to avoid the "star system". Each player deserves equal time and attention
- ❖ Care must be taken not to expose a player intentionally or unintentionally to embarrassment or disparagement by use of sarcastic or flippant remarks about the player or her family
- ❖ Physical punishment or physical force must never be used. Never punish a mistake - by verbal means, physical means, or exclusion

- ❖ Insist that players in your care respect the rules of the game. Insist on fair play and ensure players are aware you will not tolerate cheating or bullying behaviour
- ❖ All mentors should keep an attendance record of all training sessions and matches
- ❖ All mentors should ensure that parents are aware of training start and finishing times
- ❖ All parents should be encouraged to assist with training or to assist in dressing rooms
- ❖ All mentors should keep a brief record of injury(s) and action taken both during a training session and during a game. For convenience it is recommended that an injury report form is kept in the first aid bag at all times
- ❖ When young players are invited into adult groups/squads, it is advisable to get agreement from a parent/ carer. Boundaries of behaviour in adult groups are normally different from the boundaries that apply to junior groups/squads
- ❖ Mentors should communicate and co-operate with medical and ancillary practitioners in the diagnosis, treatment and management of their players' medical or related problems. Avoid giving advice of a personal or medical nature if you are not qualified to do so. Any information of a personal or medical nature must be kept strictly confidential unless the welfare of the player requires the passing on of this information
- ❖ Keep a brief record of problem/ action/ outcomes if behavioural problems arise

Relationship with Players:

- ❖ Mentors are responsible for setting and monitoring the boundaries between a working relationship and friendship with players. It is advisable for coaches not to involve young players in their personal life i.e. visits to coaches home or overnight stays
- ❖ When approached to take on a new player, ensure that any previous coach-student relationship has been ended by the student/others in a professional manner
- ❖ Mentors who become aware of a conflict between their obligation to their players and their obligation to the governing body must make explicit the nature of the conflict and the loyalties and responsibilities involved to all parties concerned
- ❖ The nature of the relationship between mentor and a player can often mean that a mentor will learn confidential information about a player or player's family. This information must be regarded as confidential and except where abuse is suspected, must not be divulged to a third party without the permission of the player/family
- ❖ Parents should always be informed when problems arise except in situations where informing parents may put the player at risk

Mentor's Code of Conduct:

1. I will respect the rules and procedures set down in the Enniscrone Kilglass G.A.A Club's Code of Ethics and Good Practice for Young Players
2. I will act as a role model and promote the positive aspects of sport and of Gaelic Football
3. I will respect all players and treat all players equally
4. I will encourage fair play and praise effort as well as results
5. I will not use any form of punishment (verbal or physical) on a player
6. I will not exert undue influence over a participant in order to obtain personal benefit or reward
7. I will respect the officials and their authority during matches
8. I will never demonstrate threatening or abusive behaviour or use foul language

Name: _____

Name of Club: ENNISCRONE KILGLASS G.A.A. CLUB

Date: _____

