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***Craughwell GAA***

***Coaches / Mentors / Trainers Charter 2019***

**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 underage players always leave with a sense of achievement and an increased level of self-esteem.

• Recognise the development needs and capacity of all underage 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 when working with underage players.

• Ensure all those eligible to participate in any team within the club are provided with an opportunity to do so with preference given to their own age group.

• 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 underage 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 and encourage all players and fellow officials to always play by the rules of the game.

• Do not encourage or threaten a player by deed or gesture to act in any unacceptable manner towards an opponent, fellow player or official.

• Promote the RESPECT campaign amongst your players, fellow coaches, parents and supporters.

• Do not smoke while working with underage players.

• Do not consume alcohol or non-prescribed drugs immediately prior to or while underage players are in your care.

• Encourage parents to become involved in your team and Club activities wherever possible

 **CONDUCT OF COACHES WHEN WORKING WITH YOUNG PEOPLE**

• 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.

• Don’t shout at or lecture players or reprimand/ridicule them when they make a mistake. Children learn best through trial and error. Children and young people should not be afraid to risk error so as to learn.

• The use of any form of physical punishment is prohibited as is any form of physical response to misbehaviour, unless it is by way of restraint.

• Avoid incidents of horse play or role play or telling jokes etc. that could be misinterpreted.

• Never undertake any form of therapy or hypnosis, in the training of children.

• Never encourage players to consume non-prescribed drugs or take performance enhancing supplements.

• Do not make energy enhancing products available to children.

**AVOID COMPROMISING YOUR ROLE AS A COACH**

Some activities may require coaches to come into physical contact with underage players in the course of their duties. However, coaches should;

• Avoid taking coaching sessions on your own.

• Only deliver one to one coaching, if deemed necessary, within a group setting.

• Avoid unnecessary physical contact with an underage player and never engage in inappropriate touching of a player.

• Be aware that any necessary contact should be determined by the age and development of the player and should only take place with the permission and understanding of the player and in an open environment in the context of developing a player’s skills and abilities.

• Where a team consist of both boys and girls, and for the avoidance of doubt, the coaching team must also consist of both male and female personnel while male only teams must include at least one male coach and female only teams must include at least one female coach.

**BEST PRACTICE**

• Ensure that all of your players are suitably and safely attired to play their chosen sport. e.g. helmets (Hurling and Camogie), goggles (Handball), shin guards, gum shields (Football).

• As a coach always be punctual and properly attired.

• Be accompanied by at least one other adult at coaching sessions, games and in underage team dressing rooms.

• Abide by supervision ratios that recommend a ratio of one adult for 8 children under 12 years of age teams and a ratio of 1:10 for children over 12 years of age. While abiding by such ratios a coach must always be accompanied by at least one other suitably qualified adult at all times.

• Set realistic – stretching but achievable – performance goals for your players and teams.

• Keep a record of attendance at training and at games by both players and coaches.

• 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.

• Afford meaningful playing time to young players so as to assist in the development of their playing skills, within their own age groups.

• Keep a record of any injuries and actions subsequently taken. Ensure that another official referee/team mentor is present when a player is being attended to and can corroborate the

relevant details.

• Make adequate provision for First Aid services.

• Do not encourage or permit players to play while injured.

• Always inform parents/guardians if their child has been injured or becomes unwell at games or training.