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**Tummery Athletic Football Club Code of Conduct for Players**

**As a player for Tummery Athletic Football Club, I will:**

* Behave in a respectful way and listen to all instructions from my coaches
* Take care of and respect equipment owned by the Club or any rented facility used
* Not get involved in behaviour that will bring the Club into disrepute
* Avoid the use of foul, abusive, racial, discriminatory, and sectarian references
* Avoid bullying/violent behaviour or the persistent use of rough and dangerous play
* Not engage in inappropriate use of social media – this includes posting comments or images on social media sites that may cause harm to other users or bring the Club into disrepute
* Report inappropriate behaviour to my coach or the Designated Safeguarding Officer
* Never tell lies about other adults, children, or young people
* Show respect to other players, coaches, opponents, referees, and officials
* Play fairly and accept defeat graciously
* Shake hands with the other team and the referee at the end of the match
* Not go off on my own at any time without letting my coach know where I am
* Ensure I am punctual for training and matches
* Advise team manager/coach of any injury or medical condition sustained before or during training/matches
* Advise the team manager/coach if I am unavailable to play or participate in training/matches
* Be responsible for my own kit and wear appropriate footwear/shinpads
* Bring my own water bottle/fluid to all training sessions
* Talk to someone I trust or the Designated Safeguarding Officer if I am unhappy about something at the Club

**As players, you have the right to:**

* Feel safe, protected and believed if I ask for help
* Be respected and listened to
* Contribute by offering constructive comments/feedback
* Privacy
* Enjoy football in a safe environment
* Be referred to professional help if needed
* Be protected from inappropriate behaviour/abuse from coaches and volunteers
* Appropriate levels of confidentiality
* Participate on an equal basis, appropriate to your ability
* Experience competition and desire to win

**Player Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date:** \_\_\_\_\_\_\_\_\_\_\_

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Description automatically generated**As a Parent / Guardian I will:**

**Tummery Athletic Football Club Code of Conduct for Parents/Guardians**

* encourage my child to play by the rules and teach them that they can only do their best
* show appreciation and respect for coaches, volunteers, and other players
* be realistic and never exert undue pressure or expectations on my child
* praise effort and participation rather than focusing on performance and results
* accept decisions made by match officials
* behave responsibly on the sidelines (this includes not screaming or shouting)
* encourage children to show respect to their coach, teammates, opponents and match officials by demonstrating exemplary behaviour myself
* promote my child’s participation in playing football for fun
* refrain from engaging in inappropriate use of social media – this includes posting comments on social media sites that may cause harm to others or bring the club into disrepute
* complete and return the Registration / Consent Form pertaining to my child’s participation
* deliver and collect my child to and from coaching sessions and matches punctually
* ensure my child is properly and adequately attired and equipped – particularly for seasonal weather conditions
* ensure that proper footwear and protective equipment are worn at ALL times
* detail any health concerns relating to my child on the consent form, in particular breathing or chest conditions. I will also inform the coach of any changes to my child’s health.
* inform the coaches if my child has been ill or hurt recently
* inform the coaches prior to departure from the field of play if my child is to be collected early from a coaching session
* ensure my child’s hygiene and nutritional needs are met
* never attempt to fulfil my own ambitions and aspirations through my child’s involvement in football

**As parents / guardians, you have the right to:**

* know your child is safe
* be informed of problems or concerns relating to your child
* be informed if your child is injured
* speak to coaches/volunteers and voice any concerns about your child

**Parental Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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Description automatically generated**As a coach / volunteer I will:**

**Tummery Athletic Football Club Code of Conduct for Coaches/Volunteers**

* show respect to everyone involved in the game (i.e. coaches, players, match officials and spectators)
* be an excellent role model and always display exemplary behaviour. This includes not smoking, drinking alcohol, taking drugs, or using foul, racial, sectarian or discriminatory language in the presence of the players and young people.
* develop open, honest and respectful relationships with players and young people
* promote the positive aspects of football and never condone rule-violations or the use of prohibited substances
* not equate success purely with results / winning, or equate losing with failure
* respect decisions made by match officials and never publicly criticise their decisions
* never enter the field of play without permission from the referee
* never use offensive, insulting, abusive or inappropriate language

**When coaching/volunteering children and young people I will:**

* always put the welfare of players and young people before winning or achieving goals
* work in an open environment and avoid spending time alone with players and young people away from others
* only partake in one-to-one coaching with a player or young person if it is absolutely necessary, part of the overall team training session and is done with the knowledge of the club and agreement with the player/young person and parent
* make them feel safe and ensure that coaching and volunteer ratios are appropriate to the needs of the group
* make football a fun experience
* communicate in a constructive, effective and age-appropriate manner
* be positive by giving constructive feedback, praising efforts and encouraging achievements
* ensure that if any form of manual / physical support is required, it is provided openly and according to agreed club guidelines. If physical support is needed, I will talk openly to the player or young person, explaining what I am doing and why, but I understand that for coaching purposes within football there are limited reasons for physical support. I agree that players and young people should always be consulted before they are touched and their agreement gained. Parental / guardian views about manual support will always be carefully considered
* recognise the developmental needs and capacity of players and young people, including those with a disability, avoiding excessive training or competition and not pushing any child against their will
* carry out a risk assessment and ensure that the equipment and environment used for every club activity is safe
* keep a written record, and inform head coach and parent of the player/young person, of any injury that occurs, including details of any treatment given
* never engage in bullying behaviour
* challenge any form of bullying behaviour and report it to the Club Designated Safeguarding Officer and parent of the young person
* avoid spending any time alone with player or young people away from others.

**The following actions will never be sanctioned. I will never:**

* engage in rough, physical or sexually provocative games, including horseplay
* share a changing room, bath or shower with a player or young person
* allow or engage in any form of inappropriate touching
* allow players or young people to use foul, abusive, racial, or discriminatory language unchallenged
* make sexually suggestive comments to a player or young person – even in fun
* engage in sexual relationships with any player under 18 years of age while that unequal power relationship exists, and will notify the Club Safeguarding Officer of any relationships where there is a potential or actual abuse of trust
* engage in inappropriate use of social media – this includes never posting comments on social media sites that compromise the welfare of a player or young person, cause them harm, or bring the club or sport into disrepute
* reduce a player or young person to tears as a form of control
* encourage or bully a player or young person into playing while injured
* show favouritism
* allow allegations made by a player or young person to go unrecorded or not acted upon.
* undertake personal care for children or young people
* remain in the changing room while players are showering or changing. This applies to all coaches and volunteers who are working with children and young people that are the opposite gender to themselves.
* invite or allow players or young people to stay with me at my home.

**Coach Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Managing Challenging Behaviour: Information for Coaches**

Coaches/volunteers may, on occasions, be required to deal with a player or young person’s challenging behaviour during training/matches.

**Principles**

• The welfare of the player or young person is the paramount consideration.

• All those involved in Club activities (coaches/volunteers, players and parents/guardians) must familiarise themselves with the required standard of conduct and the Club’s process for responding to behaviour that is deemed to be unacceptable.

• Players and young people must never be subject to any form of treatment that is harmful, abusive, humiliating or degrading.

• Some players and young people exhibit challenging behaviour as a result of specific circumstances, e.g. a medical or psychological condition, and coaches/volunteers may therefore require specific or additional guidance. These, and any other specific needs the players or young person may have, should be discussed with parents or guardians and the players or young person in planning for the activity to ensure that an appropriate approach is agreed and, where necessary, additional support is provided, e.g. from external agencies.

• Football can make a significant contribution to improving the life experience and outcomes for all players and young people. Every player and young person engaging in Club activities should be supported to participate and, only in exceptional circumstances where the safety of a player or young person cannot be maintained, should a player or young person be excluded from such activities.

**Planning Activities**

If a player or young person is likely to present any difficulties, coaches/volunteers must agree on and implement a strategy for managing such difficulties, in line with the above guidance, in advance of activities taking place.

The strategy should include ensuring the presence of the appropriate number of coaches/volunteers required to safely manage and support the training session, match or event – including the full complement required to adequately respond to any challenging behaviour and to safeguard other players and young people and adults involved.

When players or young people are identified as having additional needs or behaviours that are likely to require additional supervision, specialist expertise or support, this should be discussed with parents/guardians and players and young people where appropriate. Coaches/volunteers should seek to work in partnership with parents and guardians to ensure their child can be supported to participate safely.

**Agreed Code of Behaviour**

At the start of each season, coaches/volunteers, players and parents/guardians should be reminded that their behaviour should reflect the Club’s Codes of Conduct. This is to ensure standards of behaviour are regularly addressed and maintained.

**Responding To Challenging Behaviour**

Coaches/volunteers are required to respond to challenging behaviour. Their response must always be proportionate to the act carried out and should be fully explained to the player or young person and their parent/ guardian).

In dealing with players or young people who display negative or challenging behaviours, coaches/volunteers should consider the following options:

• Time out – temporary exclusion from the activity, be it group or individual work

• Reparation – the act or process of making amends (i.e. apologising)

• Restitution – the act of giving something back (e.g. certain equipment or privileges)

• Behavioural reinforcement – rewards for good behaviour, consequences for negative behaviour

• De-escalation of the situation – through discussion with the player or young person

• Increased supervision by staff and volunteers

• Use of individual ‘contracts’ or agreements for their future or continued participation, in agreement with the player or young person and a parent/guardian

• Sanctions or consequences, e.g., missing a match

• Seeking additional/specialist support, working in partnership with other agencies to ensure a player or young person’s needs are met appropriately. This should be done in consultation with the player or young person’s parent(s)/guardian(s)

• Temporary or permanent exclusion.

**The following should never be permitted as a means of managing a player or young person’s behaviour:**

• Physical punishment or the threat of such

• Refusal to speak to or interact with the player or young person

• A player or young person being deprived of food, water, access to changing facilities or toilets or other essential facilities

• Verbal intimidation, ridicule or humiliation.

If a player or young person’s behaviour requires frequent sanctioning their parent/guardian should be informed. As a last resort if the player or young person continues to present a high level of risk or danger to him or herself, or others, the Club may have to suspend or bar the player or young person from Club activities.