



Code of Ethics and Good Practice

For Sport for Young People

# *Raphoe Town Football Club*

Raphoe Town Football Club is fully committed to safeguarding the well being of its members. Every individual in Raphoe Town Football Club should at all times show respect and understanding for members rights, safety and welfare and conduct themselves in a way that reflects the principles of the organisation and the guidelines contained in the Code of Ethics and Good Practice for Children's Sport.

In Raphoe Town Football Club our first priority is the welfare of the young people and we are committed to providing an environment, which will allow participants to perform to the best of their ability, free from bullying and intimidation.

## **Raphoe Town F.C. Youth Teams General Rules**

- All players are expected to behave in a well-mannered and orderly fashion at all club coaching sessions and matches. They are expected to become aware of the club's Code of Conduct for Young People.
- Players are expected to respect their coaches and abide by their decisions and requests at games and coaching sessions
- The use of physical force is absolutely forbidden and players who indulge in violent actions at coaching sessions or on the field of play during games shall face disciplinary action that could include suspension/expulsion.
- Spitting, name calling, foul and abusive language, rough or dangerous play will not be tolerated and players who indulge in such behaviour may be subject to disciplinary action.
- Bullying in all forms will not be tolerated by the club.
- Players are expected to show respect for all club property and equipment and also the property and equipment of opposing clubs, or at training venues. Wilful destruction or vandalism will be regarded as a serious offence by the club.
- Club members shall respect the vehicles used to transport teams to and from sporting venues and will ensure that they do not in any way damage any of the vehicles or leave rubbish or other items on the vehicles.
- Players shall not throw any item or make any gestures at buses/vehicles carrying opposing teams to matches.
- Players are forbidden to attend coaching sessions outside their age group unless specifically requested to do so by a club coach or agreed with by the coach. Players deemed by the club to be eligible to attend sessions outside their age group will be notified and the club will accept responsibility only for those players due to attend specific sessions. Others who attend will be asked to leave.
- Players should arrive on time for sessions but parents should only leave players at a session if there is adequate adult supervision there for the session to take place. The club's responsibility lies only from the start to the end of the session therefore players must be picked up promptly at the end of each session.
- Players should not bring valuable items to matches or coaching sessions and the club accepts no responsibility for the loss of any item during a club session or match.
- All players are expected to pay whatever fees are due at sessions or matches. Continuous failure to pay such fees will result in a player being asked to leave.
- No club member shall enter the pitches at Deele College unless at an official club match or other event officially authorised by Deele College. Any player found guilty of such an offence will be liable to expulsion from the club.
- The club will operate a waiting list on which new players wishing to register with the club will be placed until such time as an opening arises in their age group.
- Players and the club will be further governed as necessary by any appropriate rules laid down by the East Donegal Underage League, Donegal Schoolboys League, Donegal Women's League and the FAI.
- The club reserves the right to amend the list of general rules at committee level.

## Code of Conduct for Young People

Raphoe Town Football Club wishes to provide the best possible environment for all young people involved in sport. Young people deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. These participants have rights, which must be respected and responsibilities they must accept. Young people should be encouraged to realise that they have responsibilities to treat other participants and sports leaders with fairness and respect.

Children in Soccer are entitled to:

- Be safe
- Be treated with dignity, sensitivity and respect
- Participate in soccer on an equal basis, appropriate to their ability and stage of development
- Be happy, have fun and enjoy soccer
- Make a complaint in an appropriate way and have it dealt with through a proper and effective complaints procedure
- Be afforded appropriate confidentiality
- Be listened to and to be believed
- Have a voice in the running of the club
- Children should also be encouraged to realise that they also have responsibilities to treat other children, fellow players, coaches and volunteers with the same degree of fairness and respect.

In this regard children should undertake at all times to:

- Treat club coaches and supervisors with respect
- Play fairly, do their best and have fun
- Make high standards of Fair Play the standard others want to follow
- Respect opponents, they are not the enemy, they are partners in a sporting event
- Shake hands before and after the match, whoever wins
- Give opponents a hand if they are injured, put the ball out of play so they can get attention
- Accept apologies from opponents when they are offered
- Respect fellow team members and support them both when they do well *and* when things go wrong
- Treat players from minority groups with the same respect you show other people
- Be modest in victory and be gracious in defeat- "*Be A Sport*"
- Approach the club Children's Officer with any questions or concerns they might have.

Coaches and parents should encourage children to speak out and support them in doing so

Children should not:

- Cheat
- Use abusive language, or argue with, the referee, officials, team mates or opponents
- Use violence
- Bully
- Tell lies about adults or other children or spread rumours
- Take banned substances to improve performance
- Keep secrets about any person who may have caused them harm

## **Code of Conduct for Coaches**

Raphoe Town FC recognises the key role coaches, mentors and club officials play in the lives and development of young players and for that reason it is vitally important that coaches lead by example displaying appropriate behaviour while representing the club be it at training or matches.

### **In promoting Fair Play and Sport for All, everyone involved in the organisation of football should:**

- Encourage participation and fun.
- Promote the development of skills as opposed to winning at all costs.
- Act as a good role model.
- Insist on Fair Play.
- Be realistic with expectations.
- Be aware of children's feelings.
- Teach players to respect different cultures.

Team coaches, managers, mentors and club officials can ensure that our sport has a beneficial impact when they adhere to the following principles:

### **Raphoe Town FC Coaches & Officials should maintain a child centred approach:**

- Respect the rights, dignity and worth of every person and encourage the players you are mentoring to do likewise.
- Treat each person equally regardless of age, ability, gender, sexual orientation, ethnic origin, cultural background or religion.
- Place an emphasis on learning and practicing the skills of football over competition.
- Encourage the development of respect for opponents, match officials, and other coaches.
- Be positive during coaching sessions so that participants leave with sense of well being and achievement.
- Be generous with praise and never ridicule or shout at players for making mistakes or for losing a game.
- Do not equate losing with failure and do not develop a preoccupation with medals and trophies. The level of improvement made by young players and their continued participation within the club is the best indicator of effective coaching.
- Own Team Selection.
- Zero tolerance on bullying.

### **Raphoe Town FC Mentors & Officials should lead by example**

- Never use foul language or provocative language/gestures to their own players.
- Never engage in verbal or physical confrontations with opposing mentors & players.
- Only enter the field of play with the referee's permission.
- Do not question a referee's decisions or integrity.
- Encourage their players to respect and accept the judgement of match officials.
- Promote Fair Play.
- Promote the SPORT for ALL initiative.

## **Promoting Good Practice**

Coaches, Parents and Administrators all have an important role to play in promoting good practice in children's sport. They should have as their first priority the children's safety and enjoyment of the sport remembering that -

**“Sport for young people is about Fun and Participation, Best Effort and Fair Play in a Safe Environment”**

Raphoe Town F.C. wants children in soccer to have fun and develop skills in a safe and Fair Play environment.

Recent research would suggest that up to seventy per cent of children leave sport between the ages of eight and thirteen. One of the most common reasons given was that sport was no longer fun. Therefore we have to make every effort to ensure that we keep the fun in soccer.

### **Making sport fun.**

In promoting “Sport for Fun” we:

- Encourage participation and fun
- Promote the development of skills as opposed to winning at all costs
- Emphasise and praise effort
- Act as a good role model
- Insist on Fair Play (take off offending players)
- Be realistic with expectations
- Be aware of children's feelings
- Teach players to respect different cultures
- Coaches and volunteers should also enjoy a sense of achievement and pleasure through their work with young people and should not be evaluated by performance or results of competition.
- They should enjoy the respect of, and be supported in their work by the club and by parents/guardians.

## **Guidelines for Parents/Guardians**

Raphoe Town F.C. and the FAI want football to be safe, and we want football to be fun. We want to ensure that no matter what level of the game young people are involved in, that it takes place in the spirit of 'FAIR PLAY.'

Focusing on individual participants' needs encourages young people to achieve and demonstrate enjoyment, equality and fair play. Through this they will come to realise that standards of behaviour are equally as important as sports performance. Parents / guardians play an important role in promoting children's happiness and success in football and sport in general. Parental expectations and behaviour have a significant bearing on children's attitude and behaviour while participating in football.

While winning is important, it must be remembered that winning at all costs does not meet the needs of players. Results are not necessarily a good indicator of coaching effectiveness or ability, the improvement level of players and their level of enjoyment is. It is important for parents / guardians to find out what their children want from football, and help them to set realistic targets to achieve this. This may involve controlling their own aspirations and avoiding the desire to force their own dreams or unfulfilled ambitions on them.

### **It is important to:**

- Encourage but not force children to be active.
- Know when he / she is ready to play.
- Encourage healthy lifestyle habits.
- Attend training and games where possible.
- Promote and teach FAIR PLAY.
- Teach your child to treat referees, other players, coaches, officials and spectators with respect regardless of race, creed, colour, sex or ability.
- Help children to set realistic targets.
- Help children with decision making.

### **Parents/Guardians should not:**

- Ignore or dismiss complaints or concerns expressed by a child which relate to his/her involvement in soccer.
- Ridicule or shout at a child for losing a game or making a mistake.
- Treat any club as a child minding service.
- Take safety for granted.
- Put undue pressure on any child to please or perform well. Most importantly parents / guardians should: **"LEAD BY EXAMPLE"**

### **Parent / Coach Co-Operation**

Parents / guardians should:

- Give the coach help when asked and show appreciation for a job well done.
- Support the coach's and referee decisions. These individuals are only doing the best they can and they need support not anger.
- Refrain from contacting the coach unless it is necessary, respect they have a private life.
- Inform the coach about any illness, injury, holidays, etc.
- Make an effort to attend training and games.
- Communicate any concerns you may have to the coach, but respect the coach's decisions regarding team matters.
- Make sure the child has appropriate equipment/clothing/refreshments.
- Encourage FAIR PLAY at home and do not instil a "win at all costs" attitude in children.
- Be positive or be quiet, negative comments are counter productive.
- Conduct themselves in such a way which promotes the definition of FAIR PLAY.
- Be prepared to be asked to leave by officials or club personnel if behaviour is contrary to the definition of FAIR PLAY.

**Parents / Guardians should never:**

- Insult players or club personnel.
- Argue with, or shout abuse at officials and they should actively discourage children or young players from doing likewise.
- Suggest or encourage cheating, aggressive or "dirty" play.
- Placing undue or inappropriate criticism on a player, causing the player unnecessary or unhealthy levels of stress.
- Behave with physical or verbal aggression towards another person (actually use force or threaten the use of force).
- Engage in any "harassment" type of behaviour.

**Raphoe Town Football Club believes that parents/guardians should:**

Be a role model for your child and maintain the highest standards of conduct when interacting with children, other parents, with officials and organisers.

Always behave responsibly and do not seek unfairly to affect the game

Never intentionally expose any young participant to embarrassment or disparagement by the use of flippant or sarcastic remarks

Always recognise the value and importance of volunteers who provide sporting opportunities for your child. Do not publicly question the judgement or honesty of referees, coaches or organisers.

Encourage your child to play by the rules

Teach your child that honest endeavour is as important as winning and do all you can to encourage good sportsmanship.

Set a good example by applauding good play on both sides. Encourage mutual respect for team mates and opponents.

Parents should support all efforts to remove abusive behaviour and bullying behaviour in all its forms.

**Parents Code of Conduct**

I will respect the rules and procedures set down in Raphoe Town Football Club's Code of Ethics for Children in Sport and will ensure my children are aware of the club's rules and code of conduct.

I will respect my child's/children's team mates, coaches, referees, team-mates' parents as well as players, parents and coaches from opposing teams. I will encourage my child to treat other players, coaches and referees with respect.

I will give my child encouragement and applaud only positive accomplishments whether from my child, his/her team-mates, their opponents and officials.

I will respect my child's coach/coaches, support their efforts and accept the decisions they make regarding team selections as decisions made by them with the best interests of the players and the club in mind.

I will respect the coaches and club officials and their authority during coaching sessions and matches.

I will never treat the club as a 'baby sitting service' and will ensure that my child is dropped off at sessions only when there is adequate adult supervision and is collected promptly at the end of sessions.

I will never demonstrate threatening or abusive behaviour or use foul language.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of  
Children: \_\_\_\_\_