



Rathcoole Football Club Code of Conduct for Coaches / Players / Parents

Coaches

Coaches need to be aware of why children want to play soccer. They want to learn new skills, make new friends, be part of a group, to win and be successful, experience challenges, excitement and action.

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.

Coaches should aim to provide a safe and enjoyable environment where children and young people are placed at the centre of all activities.

In promoting good practice and creating a child/player centred approach coaches & parents should:

- Show respect for all players and officials, lead by example and act as good role models.
- Encourage and be positive during sessions so that players leave with a sense of achievement and development.
- Set challenging, realistic but achievable goals.
- Plan and prepare each session appropriately and ensure proper levels of supervision. Ensure you are punctual and have the correct equipment needed.
- Ensure that all activities are inclusive and allow all players to participate in an enjoyable way.
- Ensure all players are aware that good behaviour, self discipline, punctuality is expected at all times.
- No form of bullying will be tolerated by either a player or a coach.
- Put the welfare and enjoyment of players first and strike a balance between this and winning or achieving results, always praise when it is deserved..
- Enforce the principles of fair play treating each player equally, with dignity and respect and ensure that all players play within the rules. – including fair playing time as per FAI PDP guidelines.
- Be aware of the developmental stages and needs of players.
- Avoid over training and over emphasis on competition.
- Involve parents/guardians and other club members in what you do.
- Be qualified and up to date with the latest coaching knowledge and skills



Players

- Play fairly, do their best and have fun.
- Make high standards of Fair Play the standard others want to follow.
- Respect opponents and officials, they are not the enemy, they are partners in a sporting event.
- Listen to instruction given by your coaches, ask questions if you don't understand. Coaches are there to help you learn.
- It is a minimum expectation as a player to arrive on time for matches & training and to wear the appropriate Club kit along with the correct equipment (shin guards are compulsory as is correct footwear for the 3G pitch)
- 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.
- Unacceptable or inappropriate behaviour will not be tolerated. In the event of unacceptable behaviour, the Club disciplinary committee or Child welfare officers may be needed to resolve the situation.
- All players need to be aware that in the event of a fine from the league the fine is issued to the player not the Club and it is the player/parent who pays the fine.
- Treat players from minority groups with the same respect you show other people.
- Bullying of any kind will not be tolerated.
In the event a player feel the coach is the cause of the bullying please speak to a Parent or Child welfare officer.
- 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.
- Above all HAVE FUN playing for Rathcoole Football Club.



Parents/Guardians

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. Parents / guardians need to be aware of why children want to play football. Children want to learn new skills, make new friends, be part of a group, to win and be successful, experience challenges, excitement and action.

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.

Support and encouragement from parents / guardians will contribute to children having:

- A sense of personal achievement.
- An enjoyment of soccer.
- Improved physical fitness.
- Higher self-esteem.
- A greater level of skill.
- Improved social skills

In taking this approach children are encouraged to:

- Do their best – put in their best effort.
- Improve and develop their skills.
- Make friends.
- Play by the rules.
- Appreciate/accept everyone in the group, regardless of ability, race, religion, gender etc

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.

Parent / Coach Co-Operation

It is important that parents / guardians establish contact with the individual responsible for coaching their child. In addition, 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.
- 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.

References

https://www.fai.ie/sites/default/files/atoms/files/Parents_code_of_conduct.pdf

https://www.fai.ie/sites/default/files/atoms/files/FAI_code_of_conduct_for_coaches.pdf