

Craigavon Cowboys American Football Club



CODE OF CONDUCT

Date approved: 05/01/21

Review date: 05/01/24

Introduction

The Craigavon Cowboys Board of Management has approved the following Code of Conduct, which has been written for the benefit of our players, coaches, volunteers and spectators. Whatever your level of involvement in the Craigavon Cowboys American Football Club, we would ask that you familiarise yourself with and adhere to the following Code of Conduct.

Code of Conduct

Players, Coaches, Volunteers and Spectators

Everyone:

- Do not behave in any way that will bring the Craigavon Cowboys into disrepute.
- Condemn the use of violence in all forms at every opportunity.
- Do not verbally abuse players or referees in any shape or form.
- Do not use profane language or harass referees, players, coaches or visiting spectators.
- Do not bully or intimidate any members of the club – we have a zero tolerance on bullying.
- Show respect for your team's opponents and match officials – without them there would not be a game.
- Support social and fundraising events organised by the Craigavon Cowboys and the Events and Fundraising Committee.
- Play your part in off-the-pitch activities, such as fundraising efforts, organising social events and other projects.
- Remember you are representing your team, club, family and American Football in Ireland, both in person on the streets and on online on social media.
- Dispose of your litter in the bins around the ground.

Players:

- Play for enjoyment and become part of the Cowboy family.
- Respect the 'Game of American Football' and play within the laws of the game.
- Accept the referee's decision and let your captain(s) or coach ask the relevant questions.
- Always do your best and be committed to the game, your teammates, and your club.
- Play with control, do not lose your temper.
- Play hard but respect your opponent – treat all players as you would like to be treated.
- American Football is a team sport – make sure you communicate and cooperate with coaches, teammates, and other members of the club.
- At the end of the game, shake the hands and thank your opponents and the referees, no matter if it was a win, loss or draw.
- Winning and losing is part of the sport – win with humility and lose with dignity.
- Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.
- As part of the Cowboys, it's massively important that you attend training regularly, listen to your coach(es) and help your team.

- If you can't attend training, message your coach or co-ordinator as soon as possible – number of players attending training affects the training plan.
- Respect the facilities – dispose of your litter from pitches or changing area, eg plastic bottles, tape etc in bins provided.
- Leave the changing rooms/toilet facilities/transport in the condition you would like to find them on your next visit.
- No question is a stupid question – if you don't know or understand something, ask your teammates or coach.

Coaches:

- Lead by example – players need a coach whom they respect. Inform your players that the Laws of the Game are mutual agreements which no-one should evade or break.
- Develop player and team respect for the ability of opponents, as well as for the judgement of referees and officials.
- Insist on fair and disciplined play – Do not tolerate foul play, fighting or foul language. Be prepared to take off an offending player.
- Be reasonable in your demands on the players' time, energy and enthusiasm.
- Ensure a safe training and playing environment.
- Never criticise the referee and officials during or after a match in front of players or spectators.
- Be generous with your praise when it is deserved. Never ridicule or shout at players for making mistakes or losing a match.
- Always thanks the match officials and discuss decisions which require further clarification privately in a calm and controlled manner.
- Seek and follow the medical advice of onsite paramedics when determining if an injured player is ready to return to the game.
- Seek and follow the medical advice from a doctor or medical professional when determining if an injured player is ready to return to the sport after an injury.
- Ensure that proper equipment and facilities are available at all times.
- Ensure you and your players are proud of the team, club and all efforts made all year round.
- Ensure that facilities/changing rooms/transport are treated with respect, free from damage and left the way you'd expect to find them on your next visit.
- Remember you are representing your team, club, family and American Football in Ireland, both in person on the streets and on online on social media.

Volunteers:

- Always do your best and be committed to the game, your teammates, and your club.
- Do not behave in any way that will bring the Craigavon Cowboys into disrepute.
- Remember you are representing your team, club, family and American Football in Ireland, both in person on the streets and on online on social media.
- No question is a stupid question – if you don't know or understand something, ask your teammates, coach or member of your committee/board of management.

Spectators:

- Applaud good play by both the Cowboys and the visiting team.
- Please respect an injured player and cooperate with instructions from the Cowboys or from the Paramedics on site in the event of an injury.

Craigavon Cowboys Code of Conduct for Children & Young People

THE CRAIGAVON COWBOYS AMERICAN FOOTBALL CLUB is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with GREG LOUGHRAN, CLUB SECRETARY.

Sports clubs for young people should offer a positive experience where they can learn new things in a safe and positive environment.

As a member of THE CRAIGAVON COWBOYS AMERICAN FOOTBALL CLUB, you are expected to abide by the following junior code of practice:

CHILDREN/YOUNG PEOPLE ARE EXPECTED TO:

- Be loyal and give their friends a second chance.
- Be friendly and particularly welcoming to new members.
- Be supportive and committed to other team members, offer comfort when required.
- Not get involved in inappropriate peer pressure and push others into something they do not want to do.
- Keep within the defined boundary of the playing/coaching area.
- Behave and listen to all instructions from the coach. Play within the rules and respect the official and their decisions.
- Take care of equipment owned by the club.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background or religious beliefs or sexual identity.
- Refrain from the use of bad language or racial/sectarian references. This includes bullying using technologies like social media or texting.
- Refrain from bullying or persistent use of rough and dangerous play.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit for training and match sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.
- Show respect to other youth members/leaders and show team spirit.
- Report inappropriate behaviour or risky situations for youth members.
- Play fairly and be trustworthy.
- Respect officials and accept decisions.

- Show appropriate loyalty and be gracious in defeat.
- Challenge or report the bullying of your peers.
- Respect opponents.
- Not cheat or be violent/aggressive.
- Not use violence.
- Make your club a **fun** place to be.

CHILDREN/YOUNG PEOPLE HAVE THE RIGHT TO:

- Be safe and happy in their chosen activity.
- Be listened to.
- Be respected and treated fairly.
- Privacy.
- Enjoy your sport in a protective environment.
- Be referred to professional help if needed.
- Be protected from abuse by other member or outside sources.
- Participate on an equal basis, appropriate to their ability.
- Experience competition and the desire to win.
- Be believed.
- Ask for help.

Any misdemeanours and general misbehaviour will be addressed by the immediate coach and reported verbally to the designated person. Persistent misbehaviour will result in dismissal from the club/sport. Parents will be informed at all stages.

Dismissals can be appealed by the coach/volunteer with final decisions taken by the club board of management.

Printed name Young person

Signature of Young Person

Printed name of Parent/Guardian

Signature of Parent/Guardian

Date

Parental consent is defined by the children (NI) Order 1995 Article 6 (i)

- Natural mother always has parental responsibility.
- Natural father gains parental responsibility:
 - If married to the mother at the time of birth or subsequently marries her.
 - Through an agreement witnessed by solicitor or a Parental responsibility Order.
 - Post 15 April 2002 if they jointly register the baby's birth.

Craigavon Cowboys Code of Conduct for Junior /Youth Coaches

Coaches and volunteers involved in sport for young people have a great opportunity to be a positive role model and help build an individual's confidence.

COACHES/VOLUNTEERS ARE EXPECTED TO:

- Ensure the safety of all children by careful supervision, proper pre- planning of coaching sessions, using safe methods at all times.
- Consider the wellbeing and safety of participants before the development of performance.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Treat all young people equally and ensure they feel valued. Have no favourites.
- Encourage all children not to discriminate on the grounds of religious beliefs, race, gender, social classes or lack of ability.
- Not allow any rough or dangerous play, bullying, or the use of bad language or inappropriate behaviour.
- Appreciate the efforts of all young people and not over-train the young people. Never exert undue influence over performers to obtain personal benefit or reward.
- Be positive, approachable and offer praise to promote the objectives of the club at all times.
- Not let any allegations of abuse of any kind to go unchallenged or unrecorded. Incidents and accidents to be recorded in the club incident/accident book. Parents will be informed.
- Report accidents or incidents of alleged abuse or poor practice to the designated person.
- Administer minor first aid in the presence of others and where required refer more serious incidents to the club "first aider".
- Have access to telephone for immediate contact to emergency services if required.
- Foster team work to ensure the safety of youth members in their care.
- Ensure the rights and responsibilities of youth members are enforced.

Report suspected abuse to the appropriate designated safeguarding children officer.

- Not abuse members physically, emotionally or sexually.
 - Maintain confidentiality about sensitive information. Please note, the reporting of information relating to safeguarding a young person through your organisations reporting procedures would not be a breach of confidentiality.
 - Respect and listen to the opinions of young people.
 - Take time to explain coaching techniques to ensure they are clearly understood.
 - Develop an appropriate working relationship with participants, based on mutual trust and respect.
 - Ensure they maintain healthy, positive and professional relationships with all athletes. Coaches and others in positions of authority and trust in relation to athletes aged 16

and 17 years must not engage in sexual relationships with them while that unequal power relationship exists

- Be a role model, displaying consistently high standard of behaviour and appearance (disciplined/committed/time keeping), remember children learn by example.
- Refrain from smoking and consumption of alcohol during club activities or coaching sessions.
- Never condone rule violations, rough play or the use of prohibited substances.
- Protect themselves from false accusation:
 - Not spending excessive amounts of time alone with children away from others
 - Never taking children to their home
 - Not administering First Aid involving the removing of children's clothing unless in the presence of others.

Hold appropriate valid qualifications and insurance cover.

- A coach or other club officer should not accept any club member under the age of 18 as a friend on their own personal social media site, or share their own site details with them. Unless that coach is related to that particular child at the club. Problems can arise when coaches and other people in a position of responsibility at a club accept children as "friends" on their own personal social networking site.
- It is important for coaches to ensure that their interactions and communications with young members in real life and via social media reflects their role and position of responsibility for that young person.
- Coaches should lock down access to their social media site to ensure that only their accepted "friends" have access to their photos and information.
- Coaches should only use electronic¹ based communications to share sport/activity/club-related information with young members and avoid personal, non-sport messages/photographs/videos or banter.
- Make the sport/activity **fun**.

COACHES/VOLUNTEERS HAVE A RIGHT TO:

Access on-going training and information on all aspects of leading/managing activities for youths, particularly on Safeguarding.

Support in the reporting of suspected abuse.

Access to professional support services.

Fair and equitable treatment by the governing body/club.

Be protected from abuse by children/youths, other adult members and parents.

Not to be left vulnerable when working with children.

Any misdemeanours and general misbehaviour will be dealt with immediately and reported verbally to the designated person. Persistent breach of the code will result in dismissal from the club/sport.

Dismissals can be appealed by the coach/volunteer with final decisions taken by the club board of management.

EMERGENCY ACTION/FIRST AID

All coaches, leaders and members should be prepared with an action plan in the event of an emergency and be aware of our First Aid Procedures.

This will include:

Access to First Aid equipment

Telephone contact if the participant is a minor

Telephone contact to the Emergency Services

Signature of coach/volunteer

Printed name of coach/volunteer

Date

Craigavon Cowboys American Football Club

Code of Conduct for Parents & Guardians

THE CRAIGAVON COWBOYS AMERICAN FOOTBALL CLUB is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents/guardians associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, parents/guardians and members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Greg Loughran, Club Secretary.

Sports clubs for young people should offer a positive experience where they can learn new things in a safe and positive environment.

As a parent/guardian of a youth member of the CRAIGAVON COWBOYS AMERICAN FOOTBALL CLUB, you are expected to abide by the following guidelines:

PARENTS/GUARDIANS ARE EXPECTED TO:

Positively reinforce their child/young person and show an interest in their chosen activity. Support your child's involvement and help them to enjoy their sport.

- Do not place their young person under pressure or push them into activities they do not want to do.
- Complete and return the Health and Consent Form pertaining to their child's participation with "CRAIGAVON COWBOYS AMERICAN FOOTBALL CLUB" (see junior membership form).
- Deliver and collect the child punctually to and from coaching sessions/matches.
- Ensure their child is properly and adequately attired for the weather conditions of the time, including shorts, shirt, socks, tracksuit, sweat-tops, hat, gloves, water bottles, sun cream etc.
- Ensure that proper footwear and protective equipment are worn at **ALL** times in accordance with Health and Safety Regulations. Any child not in possession of the fundamental requirements will not be permitted to participate.
- Detail any health concerns pertaining to the child on the consent form, in particular breathing or chest conditions. Any changes in the state of the child's health should be reported to the coach prior to coaching sessions.
- To inform the coach prior to departure from the field of play if child is to be collected early from a coaching session.

Encourage their child to play by the rules and teach them that they can only do their best. Help your child to recognise good performance, not just results.

Set a good example by recognising fair play and applauding good performances of all.

- Behave responsibly on the sidelines; do not embarrass your child.
- Never punish or belittle a child for losing or making mistakes.
- Use correct and proper language at all times.
- Encourage and guide performers to accept responsibility for their own performance and behaviour.
- Show appreciation and support the coach.
- Ensure their child's hygiene and nutritional needs are met.
- Accept the official's judgement.
- Acknowledge the importance and role of the club coaches who provide their time free to ensure children's participation in the club.
- Promote their child's participation in playing sport for **fun**.

PARENTS/GUARDIANS HAVE THE RIGHT TO:

- Know their child is safe.
- Be informed of problems or concerns relating to their children.
- Be informed if their child is injured.
- Have their consent sought for issues such as trips.
- Contribute to decisions within the club.
- Complain if they have concerns about the standard of coaching.

Any misdemeanours and breach of this Code of Conduct will be dealt with immediately by a CRAIGAVON COWBOYS AMERICAN FOOTBALL CLUB official. Persistent concerns or breaches will result in the parent/guardian being asked not to attend games if their attendance is detrimental to the child's welfare.

The ultimate action should a parent/guardian continue to breach the code of behaviour may mean the CRAIGAVON COWBOYS AMERICAN FOOTBALL CLUB officials regrettably asking the child to leave the club.

Signature of Parent/Guardian

Printed name of Parent/Guardian

Date