



NENAGH OLYMPIC ATHLETIC CLUB

Code of Conduct & Important Notes For Parents

Important Notes For Parents

- Nenagh Olympic is an athletic club and as such we train as a group at the times specified on our website www.nenagholympic.com (. Any athlete wishing to do extra training can do so at the outdoor track [Nenagh C.B.S.] at any time.
FOR INDOOR TRAINING THERE MUST BE A QUALIFIED COACH IN ATTENDANCE AT ALL TIMES [FOR INSURANCE PURPOSES.]
- Any athlete taking part in a weekend competition which involves an overnight stay must be accompanied by a parent/guardian. This is keeping in line with the child welfare/protection act.
Coaches cannot take responsibility for athletes on overnight stays!
- There is a charge of €2 per athlete [€5 per family of 3 or over], on Monday and Thursday nights. This fee will be collected at the door and will go towards the upkeep of the track.

Code Of Conduct For Young Athletes And Parents

Our club is dedicated to providing a nurturing and sporting environment in which all our club members can enjoy the sport of athletics and achieve to the best of their abilities.

Our young athletes have rights which must be respected and responsibilities that they must accept. Our athletes are encouraged to realise they have responsibilities to treat other participants and sport leaders with fairness and respect.



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YOUNG ATHLETES ARE ENTITLED TO:

- Be listened to.
Be believed.
- Be safe and feel safe.
- Be treated with dignity, sensitivity and respect.
- Have a voice in the club.
- Participate on an equal basis.
- Be happy, have fun and enjoy sport.
- Experience competition at a level at which they feel comfortable.
- Make complaints and have them dealt with.
- Get help against bullies.
- Say No.
- Protect their own bodies.
- Confidentiality.

YOUNG ATHLETES SHOULD ALWAYS:

- Treat sport leaders, coaches, club officials with respect.
- Play fairly at all times and do their best.
- Respect team members, even when things go wrong.
- Respect opponents, be gracious in defeat.
- Abide by the rules set down by coaches when travelling to away events.
- Behave in a manner that avoids bringing the sport of athletics into disrepute.
- Talk to the Children's Officers if they have any problems.
- Use appropriate clothing and footwear to allow them participate fully in the training programmes. Particular attention should be paid to footwear, especially at our indoor facility where wearing the wrong footwear can damage the track and cause unnecessary injury to the athlete.
- Be punctual and attend all training sessions on time.

YOUNG ATHLETES SHOULD NEVER:

- Cheat.
- Use violence or physical contact.
- Shout or argue with coaches, club officials, team-mates or opponents.
- Harm team members, opponents or their property.
- Bully or use bullying tactics to isolate any athlete.



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- Use unfair bullying tactics to gain advantage.
- Take banned substances.
- Keep secrets, especially if they have caused harm.
Tell lies about adults or young people.
- Spread rumours.
- USE MOBILE PHONES DURING TRAINING SESSIONS. ANY MOBILE PHONES BEING USED WILL BE CONFISCATED UNTIL THE SESSION IS OVER.
- Damage or take any club property.
- Chew gum in the indoor arena - chewing gum is not permitted in the indoor arena.

FOR INSURANCE PURPOSES, ONLY ATHLETES OF 7 YEARS AND OVER ARE ALLOWED TO PARTICIPATE IN CLUB ACTIVITIES, BOTH AT OUR INDOOR AND OUTDOOR FACILITIES. SAFETY IS OUR MAIN CONSIDERATION.

DISCIPLINE

MINOR OFFENCE:

Mobile phone use, horseplay, etc.

MAJOR OFFENCE:

Theft, bullying, vandalism, repeated refusal to obey coach;

The following guidelines will apply if a young athlete is seen to be in breach of club rules:

1. Verbal warning.
2. Written warning for repeat offenders sent to parents/guardians.
3. The Committee shall have the right to expulsion if a young athlete is found guilty of a major offence in the circumstances.
4. A young athlete has the right to appeal to the Club Committee, which shall include an independent person. The young athlete will not be allowed to resume training until the appeal is adjudicated.



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PARENTS CODE OF CONDUCT

- I will respect the rules and procedures set down in Athletics Ireland's Code of Ethics for Children's Sport.
- I will respect my children's team-mates, coaches, officials and parents as well as all athlete's parents and coaches.
- I will encourage my child to treat other participants, coaches, selectors, officials and managers with respect.
I will give encouragement and applaud on the positive accomplishments, whether from my child, his or her team-mates, their opponents or the officials.
- I will never demonstrate, threatening or abusive behaviour or any foul language.
- I agree to bring my child to training sessions and events on time and to collect them at the appropriate time and I hereby further agree that
I will not drop off my child unless there are at least 2 officials/coaches from Nenagh Olympic present.

A copy of this code of conduct can be downloaded from the club's website www.nenagholympic.com



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