



## CODE OF CONDUCT FOR COACHES

Coaches should familiarise themselves with the Code of Ethics and Good Practice for Children's Sport and with the Volleyball Association Code of Conduct and follow the procedures if they suspect or receive complaints of abuse of any sort.

### Coaches should be:

- Positive during session, praise and encourage effort as well as results
- Plan and prepare appropriately
- Put welfare of the young person first, strike a balance between this and winning / results
- Encourage fair play, treat participants equally
- Recognise developmental needs
- Qualified and up-to-date with knowledge and skill of sport for young people
- Involve parents where possible and Inform parents when problems arise
- Keep record of attendance at training
- Keep a brief record of injury(s) and action taken
- Keep a brief record of problem/action/outcomes, if behavioural problems arise

### Coaches should not:

- Use any form of punishment or physical force on a child
- Exert undue influence over a participant in order to obtain personal benefit or reward
- Engage in rough physical games, sexually provocative games or allow or engage in inappropriate touching of any kind, and /or make sexually suggestive comments about, or to a child
- Take measurements or engage in certain types of fitness testing without the presence of another adults Undertake any form of therapy (hypnosis etc.) in the training of children
- Spending excessive amounts of time with children away from others
- Taking sessions alone
- Taking children to their home
- Taking children on journeys alone in their car

### Transport

Adults/ coaches should:

- Ensure that there is adequate insurance cover on their car, they follow the rules of the road, including legal use of seat belts.

- Not carry more than the permitted number of passengers.
- Avoid being alone with one participant, put passenger in the back seat, have central drop off locations or seek parental permission to transport an individual participant on a regular basis and clearly state times of pick- up and drop off.
- Parents should check with young people about the plans and be happy with the transport arrangements.

### **General Supervision**

- Leaders should try to have more than one adult present.
- Make sure there is an adequate adult: child ratio. The number of adults depend on the nature of the activity, the age of the participants and any special needs of the group. As a guide a ratio of 1:8 for under 12 years of age and 1:10 for participants over 12 years of age. This is only a guide and will change depending on the circumstances.
- Avoid being alone with one participant, if you need to talk separately do so in an open environment, in view of others.
- In changing rooms, ask parents to take responsibility and supervise in pairs of appropriate gender. Leaders should not need to enter the changing rooms unless children are very young or need special assistance, where supervision should be in pairs of appropriate gender.
- Clearly state time for start and end of training sessions or competitions.
- Coaches should not be left alone with young people at the end of sessions.
- If there are late collections leaders should remain in pairs until participants have left.
- Keep attendance records and record of any incidents / injuries that arise.
- Ask parents to stay and supervise sessions, (for safety and supervision, not necessarily for their ‘technical’ expertise).

### **All coaches must comply with the following:**

- All coaches must complete a Garda clearance process and Code of Ethics Course prior to registration. Be present for every training session and all matches.
- Absences must be advised to the team captain at least 24 hours in advance.
- Coach and train their team to the best of their ability, and in the best interests of the Club.
- Select a match team prior to each game.
- Nominate a captain and liaise with the captain with regard to the team.
- Fill out and complete score sheet and rotation slips during matches
- Make sure the team is wearing the correct match gear.
- Promote the game of Volleyball and the Club wherever and whenever the Club travels.

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*coach sign*

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*date*