



## **LISMORE CAMOGIE CLUB**

### **Guidelines for Mentors and Trainers**

***Lismore Camogie Club recognises the key role all Mentors/trainers play in the lives of children in sport and we value all our mentors and trainers for giving up their free time to help with our children and young people. They have an overall responsibility to take the necessary steps to ensure that positive and healthy experiences are provided. All Mentors/trainers (managers, coaches, selectors, etc) should have as their first priority the children's welfare and safety and enjoyment of Camogie and should adhere to the guidelines and regulations set out in the GAA/Camogie Code of Ethics.***

***Mentors/Trainers will be given a copy of the association's code of ethics and they should be made aware of the procedures contained within the association's code.***

#### **What we expect from our Mentors/Trainers:**

- Once appointed the mentor/trainer must act as a role model and promote the positive aspects of sport and of Camogie and maintain the highest standards of personal conduct.
- Complete Garda vetting and required child safeguarding course.
- Players play their own age group first. Mentors/trainers to communicate with mentors/trainers of other age groups to ensure this happens.
- All new training equipment to be ordered through the club only.
- The use of drugs, alcohol and tobacco must be actively discouraged as being incompatible with a healthy approach to sporting activity. Mentors/trainers should not use alcohol, tobacco or drugs before coaching, during events, while away on trips with children/young people or at any time while children/young people are in their care.
- Remember your behaviour to players, other officials, and opponents will have an effect on the players in your care. You are the role model for the children/young people in your care.
- Contact the children's officer or a member of our committee with any queries or concerns you may have.

## **What we expect from mentors/trainers when dealing with Players:**

- Mentors/trainers must respect the rights, dignity and worth of every child and must treat all children/young people equally, regardless of sex, ethnic origin, religion or ability.
- Keep a record of attendance at all training sessions and matches
- Be generous with praise and never ridicule or shout at players for making mistakes or for losing a game. All young players are entitled to respect.
- Set realistic goals for the participants and do not push young players.
- Each child deserves equal time and attention.
  
- Care must be taken not to expose a child intentionally or unintentionally to embarrassment or disparagement by use of sarcastic or flippant remarks about the child or her family.
- Physical punishment or physical force must never be used. Never punish a mistake – by verbal means, physical means, or exclusion.
- Insist that players in your care respect the rules of the game. Insist on fair play and ensure players are aware you will not tolerate cheating or bullying behaviour.
- Remember that young players play for fun and enjoyment and that skill development and personal satisfaction have priority over winning competitions.
- Encourage the development of respect for opponents, officials, selectors and avoid criticism of fellow coaches.
- Keep a record of injuries and actions taken both during training sessions and during games.
- Keep a record of problem/action/outcomes if behaviour problems occur
- Speak with the Children's Officer if you have any concerns or issues.

## **Relationship with Players**

- Mentors/trainers are responsible for setting and maintaining the boundaries between a working relationship and friendship with players. It is advisable for coaches not to involve young players in their personal life i.e. visits to coaches home or overnight stays.
- When young players are invited into adult groups/squads, it is advisable to get agreement from a parent/carer. Boundaries of behaviour in adult groups are normally different from the boundaries that apply to junior groups/squads.
- Avoid working alone and ensure there is adequate supervision for all activities and an adult female present at all times. This is to protect you as well as the children/young people.
- It is important to realise that certain situations or friendly actions could be misinterpreted by the participant or by outsiders.
- Mentors/trainers who become aware of a conflict between their obligation to their players and their obligation to the association must make explicit the nature of the conflict and the loyalties and responsibilities involved, to all parties concerned.
- Mentors/trainers should communicate and co-operate with medical and ancillary practitioners in the diagnosis, treatment and management of their players' medical or related problems. Avoid giving advice of a personal or medical nature if you are not qualified to do so. Any information of a personal or medical nature must be kept strictly confidential unless the welfare of the child requires the passing on of this information



- The nature of the relationship between mentor/trainer and a participant can often mean that a mentor/trainer will learn confidential information about a player or player's family. This information must be regarded as confidential and except where abuse or child welfare concern is suspected, must not be divulged to a third party without the express permission of the player/family.
- Parents should always be informed when problems arise except in situations where informing parents may put the player at risk.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_