

## CODES OF CONDUCT

### Guidelines for Young People

Mayo Sailing Club wishes to provide the best possible environment for all young people involved in the sport. Young people deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. As participants in sailing our junior sailors have rights, which must be respected, and responsibilities that they must accept. Young people engaging in activities at Mayo Sailing Club are encouraged to realise that they have responsibilities to treat other participants and sports leaders with fairness and respect.

#### Young participants are entitled to:

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity and respect
- Have a voice in the club / organisation
- 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
- To protect their own bodies
- Confidentiality

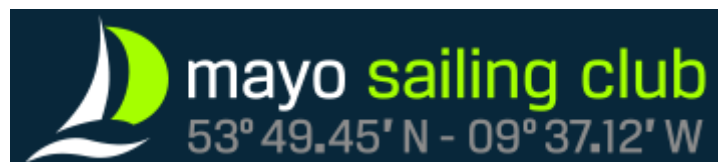
#### Code of Conduct for Young People engaging in activities at Mayo Sailing Club

Young participants should always:

- Treat instructors, coaches and other leaders and organisers with respect
- Play fairly at all times, do their best
- Respect fellow participant, even when things go wrong
- Respect opponents, be gracious in defeat
- Abide by the rules set down by team managers when travelling to away events.
- Behave in a manner that avoids bringing the sport of sailing into disrepute
- Talk to children's officer if they have any problems.

#### Young sailors should never:

- Cheat
- Use violence or physical contact that is not allowed within the rules



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- Shout or argue with officials, teammates or opponents
- Harm team members, opponents or their property
- Bully or use bullying tactics to isolate another player
- Use unfair or bullying tactics to gain advantage
- Take banned substances
- Keep secrets, especially if they have been caused harm
- Tell lies about adults / young people
- Spread rumours

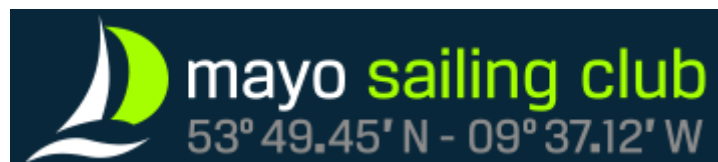
## Guidelines for Parents

Mayo Sailing Club believes that parents should....

- Be a role model for their child and maintain the highest standards of conduct when interacting with children, other parents, with officials and organisers.
- Always behave responsibly and not seek to unfairly affect the competition.
- Never intentionally expose any young participant to embarrassment or disparagement using flippant or sarcastic remarks
- Always recognise the value and importance of the volunteers who provide sporting/recreational opportunities for their child.
- Not publicly question the judgement or honesty of officials, coaches or organisers. Respect referees, coaches, organisers and other players.
- Encourage their child to play by the rules. Teach their child that honest endeavour is as important as winning and do all they can to encourage good sportsmanship.
- Set a good example by recognising achievement and encouraging mutual respect for other participants, teammates and opponents.
- Support all efforts to remove abusive behaviour and bullying behaviour in all its forms.

### Code of Conduct for Parents:

1. I will respect the rules and procedures set down in Irish Sailing Code of Ethics for Children's Activities.
2. I will respect my child's fellow participants, leaders, (e.g. Instructors coaches, officials, judges), and parents including those against which my child is competing.



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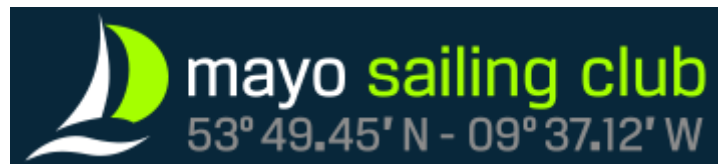
3. I will encourage my child to treat other participants, coaches, selectors, and managers with respect.
4. I will give encouragement and recognise only positive accomplishments whether from my child, their fellow participants, their opponents or the officials.
5. I will respect my child's leader(s) and support their efforts
6. I will respect the officials and their authority during sessions and events
7. I will never demonstrate threatening or abusive behaviour or use foul language.

## Guidelines for Leaders

Leaders in children's sport should strive to create a positive environment for the children in their care. They have an overall responsibility to take the necessary steps to ensure that positive and healthy experiences are provided.

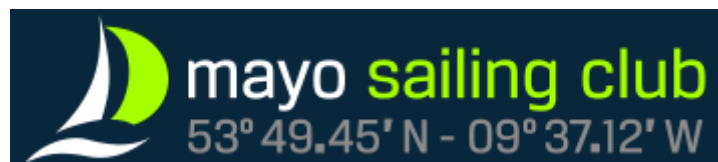
Mayo Sailing Club recognises the key role leaders (instructors, coaches, junior organisers, team managers, etc.) play in the lives of children in sport.

- All Leaders should have as their first priority the children's safety and enjoyment of the sport and should adhere to the guidelines and regulations set out in the organisations own policies & procedures.
- Leaders must respect the rights, dignity and worth of every child and must treat everyone equally, regardless of sex, ethnic origin, religion or ability.
- Leaders working with young people in water sports should be suitable and appropriately qualified. Leaders should go through appropriate recruitment and selection procedures that apply to all persons with substantial access to young people, whether paid or unpaid. References should be required and must be followed up.
- There should be a 'sign-up' procedure, whereby the appointed/reappointed leaders agree to abide by the Code of Ethics and Good Practice for Children in Sport and to the policies and code of the club / association.
- Leaders should all be given a copy of the club / association's code of ethics and they should be made aware of the procedures contained within it.
- Once appointed the Leader must act as a role model and promote the positive aspects of water sports and maintain the highest standards of personal conduct.



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- The use of drugs, alcohol and tobacco must be actively discouraged as being incompatible with a healthy approach to sporting activity.
- Leaders should remember that their behaviour to participants, other officials, and opponents will influence the participants in your care.
- Leaders should be generous with praise and never ridicule or shout at participants for making mistakes or for losing a game. All young participants are entitled to respect.
- Leaders should be careful to avoid the "star system". 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 his/her family.
- Physical punishment or physical force must never be used. Never punish a mistake - by verbal means, physical means, or exclusion.
- Leaders should insist that participants in their care respect the rules, participate fairly and ensure participants are aware that they will not tolerate cheating or bullying behaviour.
- Young participants are there to have fun and enjoyment and that skill development and personal satisfaction have priority over highly structured training or competition. Never make winning or achieving the only objective.
- Encourage the development of respect for opponents, officials and other coaches and avoid criticism of fellow instructors and coaches.
- Organisations should have in place specific policies and procedure for use when travel/overnight travel is involved.
- Leaders are responsible for setting and monitoring the boundaries between a working relationship and friendship with players. It is advisable for Instructors and coaches not to involve young players in their personal life. Visits to coach's home or overnight stays etc.
- Leaders should avoid working alone and ensure there is adequate supervision for all activities.
- It is important to realise that certain situations or friendly actions could be misinterpreted by the participant or by outsiders.
- When approached to take on a new participant, ensure that any previous coach-student relationship has been ended by the student/others in a professional manner.
- When young participants 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.
- Leaders who become aware of a conflict between their obligation to their participants and their obligation to their club, association, organisation or governing body must



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make explicit the nature of the conflict and the loyalties and responsibilities involved, to all parties concerned.

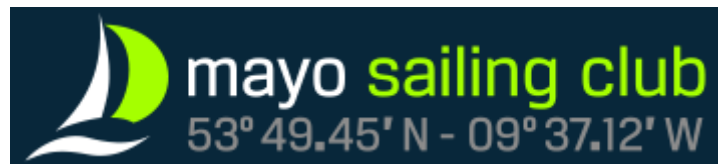
- Leaders should communicate and co-operate with medical and ancillary practitioners in the diagnosis, treatment and management of their participant's medical or related problems. Avoid giving advice of a personal or medical nature if you are not qualified to do so. Any information of a personal or medical 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 leader and a participant can often mean that a leader will learn confidential information about a participant or participant's family. This information must be regarded as confidential and except where abuse is suspected, must not be divulged to a third party without the express permission of the participant/family.
- Set realistic goals for the participants and do not push young participants. Create a safe and enjoyable environment.
- Do not criticise other leaders, (officials, instructors and coaches). You are the role model for the children in your care.
- Leaders should avoid the use of alcohol, before coaching, during events, on trips with young players.
- Avoid being alone with one participant, if you need to talk separately do so in an open environment, in view of others.

### Leader's Code of Conduct

Leaders should be ...

- Positive during session, praise and encourage effort as well as results.
- Plan and prepare appropriately.
- Putting the welfare of young participants first, strike a balance between this and winning / results.
- Encouraging fair play, treat participants equally.
- Recognising, and being sympathetic to, developmental needs.
- Qualified and up to date with knowledge and skill of sport for young people.
- Involving parents where possible and inform parents when problems arise.
- Keeping records of attendance at training.
- Keeping a brief record of injury(s) and action taken.
- Keeping a brief record of problem/action/outcomes, if behavioural problems arise.

Where possible Leaders should avoid ...



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- Spending excessive amounts of time with children away from others.
- Taking sessions alone.
- Taking children to your home.
- Taking children on journey's alone in their car.

Sports Leaders 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.

A copy of Irish Sailing Instructors & Coaches Charter signed by all Irish Sailing qualified Instructors & Coaches completing training since June 2012 is included in Irish Sailing Safeguarding Policy 2020 and available at [www.sailing.ie/safeguarding](http://www.sailing.ie/safeguarding)