

ALL COACHES AND SPORTS LEADERS ARE REQUIRED TO COMMIT TO THE CODE OF CONDUCT AS PRINTED BELOW.

Any breaches of this Code of Conduct will be investigated and dealt with appropriately in accordance with Rowing Ireland Complaints and Disciplinary Processes.

TRALEE ROWING CLUB

Code of Conduct & Good Practice For Coaches and Sports Leaders

‘Tralee Rowing Club Coaches and Sports Leaders should strive to provide a Safe and Enjoyable Environment where Young People, Club Members and all Vulnerable Persons are placed at the Centre of all Activities’

In promoting good practice and creating player centered approach coaches should:

- **Act as good role models**
- **Be encouraging with a positive approach during training sessions to ensure that athletes leave with a sense of achievement**
- **Set challenging but realistic and achievable goals**
- **Use group texts for communication amongst athletes and inform parents and guardians about this at the start of the season**
- **Plan and prepare for each session appropriately and ensure proper levels of supervision**
- **Ensure that all activities are inclusive and that participation is enjoyable to all**
- **Put the welfare and enjoyment of athletes and vulnerable person first and strike a balance between this and winning of achieving results**
- **Enforce the principles of fair play, treating each person equally with dignity and respect and ensure that everyone plays within the rules**

- Be aware of the developmental stages and the needs of those in rowing
- Avoid overtraining and over emphasis on competition
- Involve parents, guardians and carers and all club members in what we do
- Be qualified and up to date with the latest coaching knowledge and skills

Coaches and Volunteers should NEVER:

- Exert undue influence over an athlete, club member or vulnerable person to obtain personal benefit or reward
- Share a room with a young or vulnerable person alone on away trips
- Engage in rough physical or sexually provocative games or allow engaging in inappropriate touching of any kind or make any sexually suggestive comments to athletes, club members or vulnerable persons
- Abuse their position of trust by engaging in any sexual activity with athletes under 18 years of age or adults defined as ‘adults at risk’. This will be subjected to the club/governing body disciplinary procedure
- Use ANY form of corporal punishment or physical force on a young or vulnerable person
- Take measurements or engage in certain types of fitness testing without the presence of another adult
- Undertake any form of therapy (hypnosis etc.) in the coaching of junior athletes and vulnerable people

Coaches should avoid:

- Spending excessive amounts of time with young people or vulnerable persons away from others
- Taking sessions alone (Always employ ‘Two Person’ Supervision)
- Taking young people or vulnerable persons to their homes

- Taking young people or vulnerable persons on journeys alone in their car

Safety

Coaches have a responsibility to ensure the safety of the participants with whom they work as far as possible within the limits of their control, therefore, Coaches should strive to create a safe and enjoyable environment for rowing and training as such.

In this respect:

- Regular safety checks should be carried out in relation to premises, training facilities and equipment
- Appropriate rules promoting safety should be adopted and implemented
- Parents, Guardians and Carers should be informed of the start and finishing times of all training sessions and Club Events
- A First Aid Kit should be available at all training sessions and Club Events and all injuries should be recorded as per Club procedures, noting the injury and the action taken
- NEVER subject injured athletes to competition
- Parents, Guardians and Carers should be informed of an athlete's injuries and illness which occurred whilst participating in any Club Event

In promoting 'Sport for Fun' Coaches should:

- Encourage Participation and Fun
- Promote the development of Skills as opposed to 'winning at all cost'
- Emphasize and Praise effort
- Act as a good role model
- Actively discourage participants from abusing Coaches, Club Officials, Crewmates and Opponents
- Insist on FAIR PLAY
- Be realistic with expectations
- Be aware of participants feelings
- Teach rowers to respect different cultures

Coaches should be aware that young and vulnerable people have committed to a Code of Conduct as well and they should be constantly reminded that they too have a responsibility to treat other Participants, Coaches, Club Officials and Volunteers with the same degree of Fairness and Respect

Responsibility to Report

Any person, who has concerns about the welfare of a young or vulnerable person or suspects that a young or vulnerable person is being abused or is at risk of being abused, has a responsibility to report their concerns to the Designated Liaison Person or to the Local Statutory Authorities.

(see TRC Notice Boards in Clubhouse and Gym for contact detail)

DLP for TRC: Mary Bonner

CCO for TRC: Christina McCarthy

Statutory Authority: TUSLA

An Garda Slochana: Persons unsure about whether certain behaviors are abusive and therefore reportable are advised to contact the Officer on Duty at the local Garda/PSNI Station for clarity and advice
All affiliated clubs will have clear procedures for responding to reports and concerns relating to safety and welfare of young people and vulnerable persons. Coaches, Volunteers, Junior Athletes, Vulnerable Persons, Parents, Guardians and Carers should be made aware of how and to whom they report concerns to within our club and such issues should be treated with the utmost of confidentiality

Mobile Phones and Social Media

TRC has a Whatsapp Group for Parents of Junior Athletes whereby only the Parents/Guardians are contacted to inform them of training times and other relevant TRC related information regarding their child

(Read below for further information on use of Mobile Phones and Social Media)

Coaches are advised to:

- **Use group texts for communication to athletes and to inform Parents, Guardians and Carers accordingly**
- **Limit communication to individual athletes to a minimum**
- **Refrain from using mobile phones in restricted areas**
- **Be aware that the usage of cameras may cause offense and upset others and could cause a safety risk if used on water**
- **Never 'friend' or 'follow' Junior Athletes or Vulnerable Persons on Social Media**
- **Be aware of the content you post on social media as Junior Athletes could 'follow' you on Social Media**
- **Ensure messages left to and from Junior Athletes on Social Network Sites are posted on a public page and not in private messaging or private 'chat'. Group Chat should be used at all times**
- **Ensure that emails sent to Junior Athletes are copied to at least one other Club Official**
- **Refrain from communicating to Junior Rowers during unsociable hours**
- **Be very 'content cautious' when signing off a post or email and be aware that it could not be misconstrued or misinterpreted by the recipient - Simply sign your name**
- **Be certain that parental permission was received before pictures and videos of Junior Athletes and all Vulnerable People are posted on Social Media**
- **Be aware that all disclosures of abuses reported through social networking sites must be dealt with Rowing Ireland reporting procedures**

