



## Guidelines and Codes of Conduct 2010

The following guidelines and codes of conduct for different individuals comply with recognised best practice for safeguarding young people.

### Guidelines for Young People

Young people have a great deal to gain from sport in terms of their personal development and enjoyment and they have rights which must be respected and responsibilities which they must accept. To respect the rights of children a sporting environment should be safe, enjoyable and free from harm.

#### Young people are entitled to be:

- Happy and enjoy their sport, be treated fairly
- Safe and feel secure in their chosen sport
- Listened to and allowed to respond, Treated with dignity, sensitivity and respect
- Represented and have a voice in the decisions that affect them within the Club and Swim Ireland
- Able to say no to something which makes them uncomfortable
- Attend training & competition at a level appropriate to their age/development/ability

### Code of Conduct for Young People

#### You should always:

- Treat Leaders who may be coaches, club officials or parents/guardians with respect
- Participate fairly at all times, do your best to achieve your goals
- Respect and support other team members both when they do well and when things go wrong
- Respect fellow participants or opponents and be gracious in defeat
- Abide by the rules set down by Swim Ireland, Region and your Club
- Respect decisions made by others and follow the proper procedure if you feel unjustly treated
- Feel free to speak with your Coach, Squad Rep., Club Children's Officer if you have any problems
- Be aware of your level of commitment and participation, at times sport is demanding and disciplined, talk through any worries or concerns with your parent/guardian and/or coach.

**You should not:**

- Cheat, use violence or bad language; use inappropriate physical contact
- Shout or argue with officials, leaders, team mates or opposing participants;
- Harm team members, opponents or their property
- Bully or use bullying tactics to isolate another person or to take or gain an advantage
- Take banned substances to enhance performance
- Spread rumours or tell lies about other young people or adults
- Behave in a manner that might bring Swim Ireland or your club into disrepute
- Keep secrets about any person who may have caused you harm or has made you feel upset

**Guidelines for Parents/Guardians Codes of Conduct for Parents/  
Guardians**

Parents/ Guardians should assist in the implementation of best practice by:

- Becoming members of the club and contribute their time and effort in the running of the club. No club can operate successfully without the help of volunteers.
- Being available for poolside duty and/or other specified duties if and when required, these requirements and duties should be set out under your club rules.
- An awareness of and respect for the relevant Leaders and their roles within the club,
- Respecting the decisions made by the Committee and other Leaders and following the proper procedure if felt unjustly treated, with the knowledge that any complaint will be dealt with effectively and confidentially
- Ensuring knowledge of the training and/or competitive programmes, and accepting the responsibility for delivering and collecting their child/children. Parents should ensure they do not leave their child /children waiting unsupervised at any time
- Ensuring the environment is safe and enjoyable for your child/children
- Being a role model for your children and other young people by encouraging fair play, behaving responsibly whilst involved in any activity related to the Club or Swim Ireland
- Ensuring the focus for your children's sport is on their efforts and success in terms of their goals (pb's) rather than winning
- Encouraging participation that is fun, safe and in the spirit of fair play
- Ensuring appropriate leaders are informed regarding any absenteeism, medical conditions or other relevant matters concerning your child
- Ensuring an appropriate time and place for communicating with coaches. Communication should not take place whilst training session is taking place.

**Please return this page only**

**Code of Conduct 2010 - Young People**

I have read, understood and agree to abide by the Code of Conduct for Young People,

1. Signature of Young person \_\_\_\_\_ Date \_\_\_\_\_  
Please print name \_\_\_\_\_

2. Signature of Young person \_\_\_\_\_ Date \_\_\_\_\_  
Please print name \_\_\_\_\_

3. Signature of Young person \_\_\_\_\_ Date \_\_\_\_\_  
Please print name \_\_\_\_\_

**Parents/Guardians**

I have read, understood and agree to abide by the Code of Conduct 2010 for Parents/Guardians,

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent Name please print \_\_\_\_\_

**Parental Consent Form- Galas/Events (Strictly Confidential)**

(To be completed in block capitals by Parent/ Guardian and signed.)

Childs Name:	
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**Health information:**

Has your son or daughter ever suffered from any of the following: (Please answer Yes or No)

Asthma		Heart Trouble		Epilepsy
Respiratory Disease		Allergies		Diabetes
Pneumonia		Rheumatic Fever		
Any other illness or disability:(Please Specify)				

If you have answered YES to any of the above please provide details

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NB: The Team Manager should be informed of any medication which your son/daughter is bringing with them on a trip.

Does your child have any special requirements? (Please answer YES or NO)

If answered YES please attach an explanatory note and or diet sheet.

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If your child has an injury which may affect their training and / or attendance at training & galas please discuss with the coach or squad rep. (who will update the coach) . He/she may need to stop swim training until the injury has recovered. A note from the G.P. / specialist may be required but bear in mind that a modified training regime may have an impact on all other swimmers in the lane and this needs to be discussed, based on the type of injury.

Every reasonable care will be taken for the health and well-being of your child but the Chaperones cannot be held responsible for any accident or illness that may occur. In case of emergency, I/ We authorize the chaperone in charge to seek consultation with a G.P. as necessary and notify parent/guardian also.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_