



Coaches & Volunteers Code of Conduct (March 2025)

All coaches and volunteers should ensure that young people and children (u18) benefit significantly from athletics activity by promoting a positive, healthy, fun and participatory approach.

Recruitment policy:

All coaches and volunteers working with young people and children (u18) are required to undertake Garda vetting and attend Safeguarding 1 Training, certified by Sports Ireland, and other training courses relevant to their roles and coach development pathway. DSD AC will facilitate all such training interventions.

All coaches, officials and volunteers in athletics should

- Consider the wellbeing and safety of participants before the development of performance.
- Treat every person equally regardless of age, gender, ability, ethnic origin, cultural background or religion.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Challenge bullying in any form whether physical or emotional. Report any incidents to the Club Children's Officer.
- Make sure all activities are appropriate to the age, the ability and the experience of those taking part while recognising development needs that arise.
- Promote the positive aspects of the sport (e.g., fair play)
- Display consistently high standards of behaviour. Raised voices or shouting at groups, individuals or other coaches and volunteers is totally unacceptable expect to alert to danger.
- Demonstrate respect at all times for other coaches and volunteers and if there are any differences of opinion, address these in a professional manner, discretely and in private.
- Maintain a positive outlook at training sessions and events to ensure that juvenile athletes leave with a sense of achievement and good self-esteem.
- Be aware of the location of first aid equipment. Do not administer medication or medical first aid unless you are willing to do so and have received the necessary training to administer such aid. With the expressed permission of parents/guardian,

be willing to keep any emergency medication of athletes in a safe and accessible place for administration in accordance with the wishes of the parents/guardian.

- Follow all guidelines laid down by the National Governing Body (AAI)
- Never exert undue influence over participants to gain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Never use any form of physical punishment or any physical response to misbehaviour, unless it is by way of restraint.
- Encourage participants to value their performances and not just results.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Never use foul or inappropriate language.
- Never consume alcohol or non-prescription drugs immediately prior to or while juvenile athletes (u18) are in your care.
- Coaches or officials must never abuse their position of authority by engaging in any form of sexual relations with children (u18) or vulnerable adults.
- Please read and familiarise yourself with the Coach/Track/Field/Trails Protocols and respect these.

Communication policy:

- Only use ClubZap for communicating with parents/guardians of athletes.
- While WhatsApp may be used for communication with fellow coaches and senior athletes (18+), ClubZap is DSD's preferred communications platform.
- Do not communicate individually by social media, text or email with juvenile athletes (u18). All such communications regarding athletics should be sent via the parent or guardian of the athlete.
- Do not engage in communications with underage athletes (u18) individually via personal social network sites.

All coaches, officials and volunteers in athletics should avoid compromising your role by

- Not taking training sessions on your own.
- By only delivering one to one coaching, if deemed necessary, in a group setting.
- With the exception of their own child, a coach or volunteer should not transport a child alone, except in emergency or exceptional circumstances. If it is absolutely necessary, ensure that they are seated in the rear of the vehicle with seat belt securely fastened.
- If a child needs to use the toilet facilities during training session, ask the Coach Support Volunteers to escort them. Two adults should escort a child or children (u18) to the toilet block and remain outside. If two Coach Support Volunteers are not available, the coach will need to accompany the Coach Support Volunteer (as long as coach numbers allow the coach to leave the group for the duration. In an emergency situation only, 1 Adult can escort a group of children.

I have fully read and understood DSD's Code of Conduct and will ensure that my conduct and practice reflects the above policy.

Signed: Name: Date: