



Coaches/Mentors: Cappamore Juvenile GAA Coaches/Mentors are required to adhere to the following guidelines of behaviour:

1. Respect the rights, dignity and worth of every person and treat each one equally regardless of age, gender, ethnic/cultural background, religion or ability.
2. Ensure that nobody involved with the team acts towards or speaks to another person in a manner that threatens, disparages, vilifies or insults another person.
3. Never shout at or lecture players or reprimand/ridicule them when they make a mistake (young people learn best through trial and error, they should not be afraid to make mistakes in order to learn).
4. Be positive during coaching sessions, games and other activities so that the players leave with a sense of achievement and an increased level of self-esteem.
5. Don't equate losing with failure and do not develop a preoccupation with medals and trophies. (the level of improvement made by young players is the best indicator of coaching effectiveness).

Coaching and Matches - Lead by example

6. Lead by example, young people need a coach they can respect as a Role Model.
7. Avoid at all times smoking while working with young players.
8. Do not consume alcohol or non-prescribed drugs immediately prior to or while young players are in your care.
9. Never use foul or abusive language or make provocative gestures to a player, opponent or match official.
10. A Mentor should only enter the field with the referee's permission and should not question their decisions or integrity.
11. No negative comments or criticism should be directed at the Club's officials, match officials, opposition or players.
12. Plan and prepare appropriately for each training session and match and ensure proper levels of supervision.
13. Clearly communicate to parents, with sufficient notice, the details of training and match fixtures.
14. Communicate results to the County Board, Club Secretary and Club PRO as required, on a timely basis.
15. Ensure games, activities and playing equipment is customized to suit the needs of those involved in terms of age, ability, experience and maturity.
16. Set realistic, stretching but achievable, performance goals.
17. Be positive during coaching sessions so that participants always leave with a sense of achievement and an increased level of self-esteem.
18. Praise and reinforce effort and commitment and always provide positive feedback.
19. Ensure that all members of a squad get adequate game time and that the same players do not start as substitutes in every game. In particular, in younger teams (Under 12 and below) the Club follows the philosophies of "Go Games".
20. Never use any form of corporal punishment or physically force goals.
21. Rotate the team captain and the method used for selecting teams so that the same children are not always last to be selected.
22. Challenge bullying in any form whether physical or emotional. Bullying is not acceptable behaviour be it from a young person, Mentor, parent or guardian.
23. If it is necessary to transport a child/young person in your car, ensure that they are seated in accordance with motor driving legislation (car seats, safety belts, etc.)



24. Do not play overage players. Give priority to the grade that the child is age eligible for training and matches. For example, if a child is U12, and if an U14 match and U12 match clash, priority should be given to the child playing U12, unless there is agreement between the coaches to the contrary. Ensure players do not play two grades above their present age, for example an u12 player cannot play under 16.

Interaction with Young Players/Members

25. Do not put yourself in a situation where you are alone in a vehicle with a young player.
26. Develop an appropriate working relationship with young people based on mutual trust and respect.
27. In relation to texting, only text/contact parents/guardians.
28. All messages/circulars, etc. should be directed to the young person's parents or guardians.
29. Juvenile Mentors are encouraged to celebrate success in a manner that is suitable for the age group concerned. Adults should act as role models for appropriate behaviour.
30. It's important to recognise that certain situations e.g. staying over at the Mentor's residence or friendly actions, like: e.g., horse play, role play, telling jokes, etc., could be misinterpreted and lead to allegations of serious misconduct or impropriety.
31. Do not take coaching/training sessions or matches on your own. Always have a second mentor or parent/guardian with you during coaching/training sessions and matches.
32. Avoid any inappropriate touching when assisting players to perform a technique or when First Aid is being administered.

Young Player Welfare

33. Do not play an un-registered player, they are not insured.
34. Make adequate provision for First Aid and do not encourage or allow players to play while injured.
35. Keep an adequate record of each injury and ensure that another official, referee or team Mentor is present when a player is being attended to.
36. Parents/Guardians should be notified of injuries/illness which their children incur.
37. Ensure that the referee has recorded the injury in his/her match report.
38. Ensure players are safely attired for all games and training, i.e., helmets are mandatory for all hurling training sessions/matches, and gum shields are mandatory for all football games and training sessions.
39. Avoid excessive training or over coaching or making demands on a young person that can lead to burnout e.g. insisting upon set (stereotyped) playing patterns where individual decision-making and creativity are stifled or where young people are confined to playing in set positions on a continuous basis.
40. Inform the County Board of any unscheduled matches, challenge matches or trips away. Give the required notice to the club secretary and county board as appropriate.
41. Ensure that all dressing rooms and areas occupied by the Team, prior to, during or immediately following any match/training session are kept clean and are not damaged in any way.
42. Coaches have a responsibility to ensure the safety of all players possible within the limits of their control. Therefore, coaches should seek to create a safe and enjoyable environment in which to train and play.
43. Ensure temporary goalposts are safely secured.