



IRISH SQUASH CODE OF CONDUCT FORM FOR COACHES/LEADERS

All Leaders (e.g. Coaches/Selectors/Team Managers) 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 Irish Squash document "Irish Squash Safeguarding Policy for Children & Young People in Sport".

Leaders must respect the rights, dignity and worth of every child and must treat everyone equally, regardless of sex, ethnic origin, religion or ability.

A leader of a junior team has a duty of care, which is more onerous than that of a coach to an adult team. A leader must act as a role model and promote the positive aspects of sport and of squash and maintain the highest standards of personal conduct.

IN ORDER TO ACT AS A ROLE MODEL AND TO PROMOTE THEIR SAFETY AND THE SAFETY OF YOUNG PEOPLE SQUASH LEADERS SHOULD:

- Be positive, praise and encourage effort as well as results
- Plan and prepare appropriately
- Put the welfare of young people first, strike a balance between this and winning
- Encourage fair play and treat participants equally
- Have the relevant knowledge and experience to work with young people
- Understand developmental needs of young people
- Be qualified and up-to-date with knowledge and skill of sport for young people
- Involve parents where possible and inform parents when problems arise
- Keep a record of attendance at training
- Keep a brief record of injury(s) and action taken
- Keep a brief record of problem/ action / outcomes, if behavioural problems arise

WHERE POSSIBLE, AND FOR THEIR OWN SAFETY, SQUASH LEADERS SHOULD AVOID:

- spending excessive amounts of time with children away from others
- taking sessions alone
- taking children on journeys alone in their car

SQUASH LEADERS SHOULD NOT:

- use any form of corporal punishment or physical force on a child.

- take children to their home.
- exert undue influence over a participant in order to obtain personal benefit or reward.
- abuse their position of trust i.e. coaches/leaders must not develop a sexual relationship with anyone aged under 18 years.
- 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 adult.
- undertake any form of therapy (hypnosis etc.) in the training of children.
- use alcohol or non-prescribed/recreational drugs before coaching, during events and on trips with young people.

PHYSICAL CONTACT.

Physical contact during sport should always be intended to meet the child's needs – NOT the adult's. Adults should use appropriate contact which is aimed at assisting the development of the skill or activity or for safety reasons e.g. to prevent or treat an injury. This should be done in an open environment with the permission and understanding of the participant. In general:

- Contact should be determined by the age and development stage of the participant – Don't do something that a child can do for itself.
- Never engage in inappropriate touching such as touching of groin, genital areas, buttocks, breasts or any other part of the body that might cause a child distress or embarrassment.

Key points for coaches;

- Ensure you have consent and emergency contact details for each child that is accessible during your training and matches
- Use attendance registers (sign in sheets)
- Agree drop off / collection arrangements with parents
- Engage positively with parents/carers let them know how they can help and what you expect from parents
- Explain to the children what you plan to cover at each coaching session
- Ensure you have other responsible adults to support you during your sessions
- Keep the sessions fun and engaging
- Treat all children fairly and challenge any bullying behaviour.

Coaches/leaders are required to sign the following

I have read and am familiar with the content of the Irish Squash Safeguarding Policy for Children and Young People in Sport (see link) and in particular with the guidance laid down in Appendix 5 (see link) for:

- Supervision Ratios
- Transport and Travel
- Filming and Photography
- Social Media

- Mobile Phones

I have also read and am familiar with the Code of Conduct for Children and Young people, (<https://www.irishsquash.com/codes-of-conduct/>)
Irish Squash Code of Conduct (<https://www.irishsquash.com/wp-content/uploads/2022/06/Irish-Squash-Code-of-Conduct-2022.pdf>)
and Disciplinary Procedures (see Link).

Name: _____ Signature: _____ Date: _____