



## DERG AC

### Code of Behaviour for Parents/Guardians and Athletes

Parents/guardians have an influential role to play in assisting and encouraging their children to participate in a positive manner in athletics. While attending training and events, you are required to adhere to the following code of behaviour and to ensure that children in your charge do likewise.

#### RESPECT

- Respect the rights, dignity and worth of every person.
- Never deliberately harm anyone and ensure that all physical contact is appropriate.
- Never engage in boisterous play during training and events.
- Never use bad language or provocative gestures.
- Never shout at or argue with coaches, teammates or opponents.
- Never admonish any other athlete when they make a mistake.
- Never use bullying tactics to gain advantage or isolate other athletes.
- Never exert undue pressure on any athlete.
- Be punctual for training and events.
- Listen to coaches and do as they ask.
- Respect the property and equipment provided by the club.
- Challenge bullying in any form be it from another athlete, coach, parent/guardian or spectator.
- Parents/guardians should adopt a positive attitude to all athletes and show approval for effort and not just results.
- The use of mobile phones by athletes is not permitted during training.
- Chewing gum is not permitted.

#### FAIR PLAY & EQUAL OPPORTUNITIES

- Treat each person equally regardless of age, gender, ability, ethnic origin, cultural background or religion.
- Athletes should always abide by the rules laid down by coaches and parents/guardians should encourage this.
- Parents/guardians should encourage skills development, personal satisfaction and participation over competitiveness and winning.

#### HEALTH & SAFETY (for parents/guardians only)

- Ensure that the athlete/child in your charge is suitably and safely attired before play, especially with regard to footwear. No football boots are allowed on the track.
- Ensure that the nutrition, hydration and hygiene needs of your child are met.
- Inform the coaches or relevant personnel of any changes in your child's medical or dietary requirements.
- Ensure the club has a completed registration/permission and medical consent form for each child in your charge.
- Do not allow your child to train or compete while injured or unwell.
- Ensure that your child does not take banned substances.
- Drop and collect your child to and from the track gates when training is in Clarisford.

## PROCESS OF DEALING WITH BREACHES OF THE CODE

1. Verbal warning.
2. Written warning for repeat offenders sent to parents/guardians.
3. The club committee shall have the right to expel an athlete if he/she continues to offend after steps 1 and 2 have been taken.

## TRACK RULES



**REGULATIONS FOR USE**  
Entry with consent of Derg AC only

- Group Training must be booked on [www.dergac.ie](http://www.dergac.ie).
- NO Tobacco, Alcohol, or other Controlled Substances.
- NO Bicycles, Skateboards, Rollerblades, Strollers, or Motorised Vehicles Allowed - with exception to Wheelchairs and Mobility Scooters.
- NO Fires, Fireworks or other Explosive Devices.
- NO Chewing Gum, Food or Beverages.
- NO Pets.
- NO Steel Studs under any circumstances.
- Clean Footwear Only.
- NO Entry After Dark without the use of Flood Lights.
- The Tartan Track should not be used when frosted over or fallen leaves.

Please leave this facility in a Clean and Tidy Condition  
so we can maintain it for future generations to use.

**ENJOY YOUR SPORT**