



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



Derg AC

REGULATIONS FOR USE

Entry with consent of Derg AC only

- Group Training must be booked on 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