



G.D.F.C. Guidelines

Last revised February 2022

The Guernsey Dynamics Football Club or G.D.F.C. has developed the set of club guidelines below based on the NICE formal guidance on physical activity (Published January 2009). These guidelines have been adapted and translated to be relevant to G.D.F.C. and the athletes that attend our training sessions. All volunteers are to be given a copy of these Guidelines to read and understand.

G.D.F.C. will.....

Deliver a long-term Football Club that promotes physical activity among athletes with Learning Disabilities. The Club supports strategies to increase participation in sport and reduce obesity.

Actively involve our athletes and parents to determine the best media to use, the most effective messages and the most appropriate language for different groups. (Examples of different groups that could be covered include families, parents and carers, and athletes of different ages, ethnicity and who have different levels of physical ability.)

Ensure that G.D.F.C. training is consistent and sustained. It should convey that physical activity:

- o is healthy, fun and enjoyable, makes you feel good and can be sociable (that is, it can be undertaken with existing friends or can help develop new ones)
- o promotes independence
- o helps develop skillsets
- o can be maintained by trying new and challenging activities to keep athletes interested and motivated

Ensure that G.D.F.C. addresses any concerns that parents or carers may have about their athletes' safety.

Encourage promoting examples of local opportunities to be physically active.

Ensure physical activity facilities are suitable for athletes with different needs.

Provide athletes with places and facilities (both indoors and outdoors) where they feel safe taking part in physical activities. These could be provided by the public, voluntary, community and private sectors (for example, in schools, youth clubs, local business premises and private leisure facilities). Local authorities should coordinate the availability of facilities, where appropriate. They should also ensure all groups have access to these facilities, including those with disabilities.

Ensure the spaces and facilities used for physical activity meet recommended safety standards for design, installation and maintenance.

Remove identified barriers to participation, such as lack of privacy in changing facilities, inadequate lighting, poorly maintained facilities and lack of access for athletes. Any dress policy should be practical, affordable and acceptable to participants without compromising their safety or restricting participation (shin pads should be worn at all times during G.D.F.C. training sessions by athletes or they will not be able to take part).

Ensure G.D.F.C. training is run by people with the relevant training or experience and that have got no criminal record.

Ensure staff and volunteers have the skills (including interpersonal skills) to design, plan and deliver physical activity sessions that meet our athlete's different needs and abilities. Those leading activities should make them enjoyable. The leaders should also be inspiring. They should raise athlete's aspirations about what they can participate in – and the level of ability they can achieve.

Encourage parents and carers to get involved in physical activities with their athletes.

Ensure that any sort of incident that happens during training sessions or travel is reported to the relevant parent/carer/professional body if applicable and relevant action is taken for the safety of the other athletes.

The above guidelines are seriously taken into account and relevant guidelines implemented to the best of our ability.

Code of Conduct for Athletes

Sportsmanship

I will practice good sportsmanship.

I will act in ways that bring respect to me, my coaches and my team.

I will not use bad language.

I will not swear or insult other persons.

I will not fight with other athletes, coaches, volunteers or staff.

Training and Competition

I will train regularly.

I will learn and follow the rules of my sport.

I will listen to my coaches and the officials and ask questions when I do not understand.

I will always try my best during training, divisioning and competitions.

I will not "hold back" in preliminaries just to get into an easier final heat.

Responsibility for My Actions

I will not make inappropriate or unwanted physical, verbal or sexual advances on others.

I will not drink alcohol, smoke or take illegal drugs while representing G.D.F.C. at training sessions or during competition.

I will not take drugs for the purpose of improving my performance.

I will obey all laws.

I will not make false accusations about any coaches or players and will raise any concerns I have to the Safeguarding officer or another member of the G.D.F.C. coaching staff or committee.

I understand that if I do not obey this Code of Conduct G.D.F.C. may not allow me to participate.

Code of Conduct for Coaches

Respect for Others

I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability.

I will be a positive role model for the athletes I coach.

Ensure a Positive Experience

I will ensure that for each athlete I coach, the time spent with is a positive experience.

I will respect the talent, developmental stage and goals of each athlete.

I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.

I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.

I will ensure that accurate scores are provided for entry of an athlete into any event.

I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries and final heats in accordance with the Sports Rules.

Act Professionally and Take Responsibility for My Actions

My language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will encourage athletes to demonstrate the same qualities.

I will not drink alcohol, smoke or take illegal drugs while representing G.D.F.C. at training sessions or during competition.

I will refrain from any form of personal abuse towards athletes and others, including inappropriate or unwanted sexual advances on others, verbal, physical and emotional abuse.

I will be alert to any form of abuse from other sources directed toward athletes in my care.

Quality Service to the Athletes

I will seek continual improvement through performance evaluation and ongoing coach education.

I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.

Health and Safety of Athletes

I will ensure that the equipment and facilities are safe to use.

I will ensure that the equipment, rules, training and environment are appropriate for the age and ability of the athletes.

I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.

I will encourage athletes to seek medical advice when required.

I will maintain the same interest and support toward sick and injured athletes.

I will allow further participation in training and competition only when appropriate.

I understand that if I violate this Code of Conduct I will be subject to a range of consequences, up to and including being prohibited from coaching G.D.F.C.

Travel Particulars

Off-Island Travel Arrangements

Off Island arrangements will be made by the staff of G.D.F.C. Each athlete will be responsible to pay a certain amount toward travel, this amount will be disclosed at the planning stage of any trip.

Parents can travel to watch their kids compete, this cost will not be covered by the club and must be booked independently to the club travel arrangements. We are happy to share any information regarding our travel to any parent. Whilst representing G.D.F.C. athletes are the responsibility of the club and any parent travelling must understand that any behaviour that does interfere with any other athlete or club policy will not be tolerated.

Our number 1 concern when travelling off island is the welfare of our athletes. With this in mind certain rules have been put in place to safeguard any eventuality when in external accommodation:

No other adult other than G.D.F.C. coaches will be allowed to enter athletes' rooms during our said night time hours (between 9pm and 8am the next morning). Further to this if any coach does need to enter a room during these hours they must be accompanied by another coach and both coaches should be the same gender as the athletes occupying this room. This is to safeguard both the athletes in the room and the coaches that are entering the room.

Should any athlete be known to need personal care and help during these night time hours that cannot be avoided then we would give this athlete 2 options for accommodation:

1. A single room so that the athlete is accessible by any carer or parent that needs to enter that room during the night hours.
2. A twin room sharing with the appropriate carer or parent (please note in this eventuality that the half of the room cost for the carer or parent will not be subsidised or covered by G.D.F.C.)

Please note that the above arrangements are final, we have these arrangements in place for very serious and obvious reasons and would advise anyone that has issues with the options above to not travel/allow their son or daughter to travel Off Island with G.D.F.C.

G.D.F.C. expect the below to be provided for the athlete or to G.D.F.C. staff before travel:

A list of any current medication is to be provided before travel, this list should document what medication any athlete is on and the regularity that the medication needs to be taken.

A travel insurance policy must be taken out by the athlete before travel.

The athlete must have a valid passport to travel off island with G.D.F.C.

A contact must be given to G.D.F.C. staff in case of emergency. Staff contact details will also be given to parents where necessary as well as contacts at the destination if necessary.

A list of any appropriate clothing that is needed during travel and any travel times.

G.D.F.C. expects any athletes travelling to adhere to the below rules:

Staff of G.D.F.C. are respected and listened to at all times.

Swearing is not acceptable (treat others and speak to others as you want to be treated).

Athletes will not be allowed to consume alcohol unless they are over the age of 18, G.D.F.C. do not allow the consumption of alcohol before any competitions and does not accept drunkenness.

Athletes are to never venture into each other's rooms.

Any communication device or premium service at any hotel is not to be used/purchased during travel.

Meal times are attended as a team.

Be responsible and communicate any concerns to staff members.

Respect any accommodation that we stay in and please ensure that your rooms are left in a clean state when vacating.

Violence will not be tolerated.

Athletes are asked to not engage in any inappropriate behaviour.

When off island G.D.F.C. athletes are reminded that they are representing the Bailiwick of Guernsey and show the pride and sort of behaviour that will promote the island. Any breach of any of the above rules will be dealt with appropriately by G.D.F.C. staff members.