



DLR Waves Code of Conduct 2020

Aims and Objectives of Code of Conduct

This document is designed to provide a clear code of conduct and guidelines to ensure that the expected levels of behaviour and professionalism on/off the field are achieved and maintained throughout the 2020 season by all players of DLR Waves and parents of underage players.

The code of conduct will cover all necessary issues in relation to all DLR Waves player's involvement in Team meetings, Training sessions and Match days. Throughout the season, Coaching Staff and Management Committee may alter or add additional criteria to the code of conduct to improve standards.

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1. Time keeping

- Players will arrive at training and match day meeting points 15 minutes before the start/agreed time. (e.g. 7pm start time for training session, players will arrive no later than 6:45pm)
- If players are running late for or are unable to attend either training sessions or match days they or their Parent/Guardian MUST contact the Manager as early as possible by phone or text message.
- If a player does run late for or is unable to attend training sessions or match days and have made contact, they must report to the Manager on arrival before being allowed to participate in the session/game.
- If a player does run late for or is unable to either attend training sessions or match days and there has been no contact to any member of the coaching staff, this may result in loss of game time on match day.

2. Reporting injuries

- When players sustain an injury playing for DLR Waves or elsewhere they or their parent will notify the Manager at their earliest opportunity.
- Players will complete a DLR Waves injury report form giving a full report of the injury and the course of action taken.
- Players will only be allowed return to training sessions after injuries once they have filled out an injury report form in full and given it to the club physio.
- Players who are injured while playing/training for DLR Waves who are in need of additional treatment MUST report this to the manager within 24 hour of the injury-taking place and an appointment with the DLR Waves physiotherapist will be arranged.
- Players who are injured playing/training for DLR Waves or elsewhere are required to still attend all team gatherings (training sessions/match days'/analysis meetings) for rehabilitation sessions, NO EXCEPTIONS!

○ Treatment of injuries

- For soft tissue injuries/slight knocks players will carry out all instructions given to them by the coaching staff in order to aid their recovery. (e.g. R.I.C.E)
- For more serious injuries needing treatment, players will attend physiotherapy sessions arranged by the manager or a member of the coaching staff and must follow their rehabilitation program until fully fit again.
- For the above serious injuries, players will only be permitted to return to full action in games when they have provided a physiotherapist/doctors note from the DLR Waves clearing them to play again.
- Players are not to seek their own physiotherapist without permission from the manager.

3. Training sessions and match days

- All players will arrive 15 minutes before all training sessions and match day meeting times.
- Players will respect all coaching staff and other players on match day and training sessions and behave appropriately at all times.
- Be prepared to work hard and give 100% in all sessions and games.
- No foul language!
- When given time to stretch/rest do not kick balls around or waste time, use the time given to do what you are asked.
- When given an instruction on the training ground or on the field players must carry it out to the best of your ability without hesitation no matter what is being asked of you.

- If player is given any homework assignments (HUDL or written) they will complete them and submit them to the manager or a member of the coaching staff at the agreed time. If a player fails to do so, they will receive restricted playing time on the pitch the following match day.
- On away days, all players will meet at the designated pick up point unless previously arranged with the management.
- Players are not permitted to have their mobile phone on/take photographs or videos in the dressing room on match days or training nights without the permission of the Manager.

4. Wearing of kit

Training Sessions Kit -

- Clean boots
- DLR Waves Club Shorts
- DLR Waves Training top
- DLR Waves Tracksuit top

Match Day Kit – Home / Travel

- Clean runners / slides
- DLR Waves Tracksuit
- DLR Waves Match Day Polo
- Match Day Kit – Warm-up as above
- Clean boots

DLR Waves will supply match day kit, shorts, socks and jersey

All players must wear the appropriate kit on the right days. Kit will be supplied as part of fees for 2020. If there are, any issues about kit players must notify the Manager prior to arriving before training sessions or match days. Players who fail to do so will receive restricted playing time on the pitch on match days.

If any players loose or damage any kit, they must contact the Manager and replace it at their own cost. Bear in mind there is a lead in time for ordering. Players will remain responsible for their own kit throughout the season. Players must respect each other's kit at all times. Never take, damage or misplace any items of another player's kit. If any player fails to comply with this, they will be liable for the cost.

5. Conduct in and around all football grounds [home & away]

- Show respect for all players of all ages associated with the club.
- As a member of a DLR Waves squad all players will strive to conduct themselves in a professional manner at all times and promote the team in a positive light.
- Treat all coaching staff and club representatives with the utmost respect at all times on/off the field of play.
- No spitting on the grounds.
- No foul or abusive language around the club, training ground or on the field.
- Show the utmost respect to opposition players, coaching staff and match officials always in times of victory and defeat (**players must shake oppositions hands before and after every game**).
- Players who fail to adhere to these standards will receive restricted playing time on the pitch the following match day.

6. Parent/guardian conduct

- Parent/friends of players will conduct themselves appropriately on training nights and match days or will be asked to leave the ground and will not be welcomed back for future games/sessions i.e.
 - NO COACHING OF PLAYERS ON THE PITCH, you are there to watch and support
- Only words of encouragement to be directed towards their own kids or other players.
- Show respect to opposition players, coaches and the referee at ALL times
- No parent for any reason is allowed to enter the dressing room on training nights or match days. This is in breach of child welfare regulations for underage players.

- No parent or friend is to enter the field/Astro at any time during match days (NO EXCEPTIONS).
- Parents/guardians MUST NOT approach the manager/coaches to discuss playing issues on match day prior or after the game (NO EXCEPTIONS).
- If any parent has an issue or query they wish to discuss with the coaching staff, they must make a request for a private meeting and will be accommodated as soon as possible the following week.

7. Video analysis footage & social media

Any footage or pictures given or shared through HUDL or any other means to players or parent/guardians will remain the property of DLR Waves and no player or parent/guardian has permission to share them with a third party or on any social media site without permission from the DLR Waves Senior Manager.

Players or parent/guardians are not permitted to take/record or share any pictures or videos of any members of the u16 & u17 DLR Waves playing squad or staff without being given prior permission by a club committee member. This is a club child welfare policy to protect our underage players.

The club will never highlight or identify an underage player

All players need also be aware they are representing the club when wearing club gear and posting on social media (Instagram, Twitter, and Snapchat etc.), any behaviour deemed irresponsible or inappropriate

Players Copy

I have read and clearly understood the code of conduct and what is expected of me as a player/parent or guardian of the DLR Waves MGL / National league squad and by signing this sheet I agree to abide by it at all times

Player Name (Print):

Player Signature:

Parent/Guardian Signature:

Date:

Managers Copy

I have read and clearly understood the code of conduct and what is expected of me as a player/parent or guardian of the DLR Waves MGL / National league squad and by signing this sheet I agree to abide by it at all times

Player Name (Print):

Player Signature:

Parent/Guardian Signature:

Date: