

GLENTORAN F.C. ACADEMY Player Charter



Golden Rules for Players

- G – Glentoran – Uphold the image of our club**
- F – Fair Play at all times**
- C – Contribute to sessions and helping out**

Players have the right to:

- Be safe and listened to
- Be respected
- Privacy
- Enjoy their football in a protective environment
- Be referred to professional help if needed
- Be protected from abuse and bullying by other members or outside sources
- Participate on an equal basis, appropriate to their ability
- Experience competition and the desire to win
- Be believed when asking for help

Players Must Never:

- Engage in violent or threatening behaviour
- Bully a team mate or opponent either on your own or in a group either in person or on-line
- Be friends with coaches or other adult staff on social media
- Purposely damage any equipment belonging to Glentoran
- Hide an injury or lie about feeling unwell or injured
- Play or train within three weeks of sustaining a head injury unless cleared by a doctor
- Leave the coaching area without first informing or asking a coach
- Use foul, abusive, racist, sectarian, sexist or offensive language of any kind

Players Must Always:

- Uphold the name of Glentoran FC at all times and behave in a professional manner
- Respect coaches and team mates at all times
- Be friendly and welcoming to new players
- Respect opponents and officials
- Accept refereeing decisions and ensure fair play at all times
- Wear appropriate clothing for the weather conditions
- Wear official Glentoran gear when training, playing or at club functions
- Report injuries to their coaches or parents
- Report to a coach if they are being bullied or witness another player being bullied
- Behave appropriately while on social media
- Treat all property and equipment belonging to Glentoran Academy with respect
- Be responsible for their own personal belongings
- Participate fully in coaching sessions and respect the coaches instructions unless injured or unwell
- Attend educational events organised by coaching staff as and when required
- Prepare appropriately for matches – sleep and nutrition

Players should expect to face disciplinary action if they misbehave or damage any property or equipment