

Cathal Brugha Swimming & Water Polo Club



Club Handbook 2020/21

Table of Contents

Content	Page
Club Mission Statement & Core Values	3
Brief History of the Club	3
The Club	4
Club Membership	5
Club Constitution	5
Committee Roles & Responsibilities – Senior Officers	6/7
Coaching Team	7
Player Pathway & Performance Standards	8/9
Competitions Matrix	10
Competitions – Some Do's & Don'ts	10
Standard Weekly Training Sessions	11
Parent Volunteering	12
Safeguarding	12
Club Policies	13/14
Advice & Guidance for Parents & Players	15/16
Codes of Conduct	17/20
Contact Cathal Brugha Swimming & Water Polo Club	21
Useful Links	21

Club Mission Statement

“OUR VISION IS FOR THE CATHAL BRUGHA CLUB TO BE A VIBRANT, SUSTAINABLE, HIGH ACHIEVING CLUB WHICH PROMOTES AND DELIVERS WATER POLO FOR YOUNG PEOPLE AND ADULTS, TO THE BEST POSSIBLE STANDARD”

The core values of Cathal Brugha ASC are:

- To promote the teaching and practice of water polo to the highest level available
- To compete at the highest levels of water polo within the ethos of fair play and providing opportunities for all.
- To positively contribute to the health and wellbeing of the community by promoting physical activity and social engagement through the sport of water polo
- To work with like-minded partner organisations in promotion of our goals

Brief History of the Club

The Cathal Brugha Swimming Club was established in 1932 and originally based in the old Falls Baths on the Falls Road in Belfast. The initial aim of the club was to provide a swimming teaching facility for young people from the surrounding area. It didn't take long however for the fledgling club to become competitive in swimming, water polo and lifesaving and Jim Gilmore was the club's first Irish Champion when he won the 880 yards freestyle title in 1943 in a race which took place in the "Cooler" in the Falls Park.

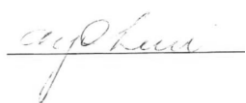
Swimming and water polo complimented each other until the early 1970s when the club began almost exclusively to concentrate on water polo. Rory Delargy (RIP) and Liam Goss however maintained the link with swimming by winning multiple masters' titles, breaking records on the way. A history maintained today by Gerry Flynn, Andrea Hanova and others.

The club has now won every Irish title available to them and has also competed in Europe.

Women's water polo was introduced in the 1980s and what a continued success that has proved to be as we picked up three Irish Cups at U.15 and U17 in the last two seasons to go with three senior cups that we had previously won. Numerous honours have been attained at international level with Joe McAvoy (swimming and water polo), Phil Kelly, Nicholas MacCormack, Christopher Hodgkinson, Jonathan Donnelly, Deirdre Cassidy, Orla Monaghan and Lynn Hanna Shortt all captaining Ireland senior teams

Over the years many extremely capable administrators have gone on to hold high office including Past Presidents of Ireland Water Polo, Rory Delargy, Gerry Hanna (twice), Wally Clarke and Gerry O'Neill (four times). Wally Clarke was also honoured as the Club's one and only President of Swim Ireland. Our club has a very active Development Plan and welcomes new members at all levels.

If you are interested in playing water polo or you would like your child to learn a new sport then why not come along to one of our sessions. Our main junior Club Night is held every Friday at Falls Leisure Centre (7.00pm – 9.00pm), simply come along and introduce yourself...we will make sure you have a great time playing water polo. For further information just drop us a line at info@cathalbrughawaterpolo.com



Gerry O'Neill, President

THE CLUB

Cathal Brugha Swimming & Water Polo Club provides children and young people of all abilities the opportunity to learn and develop swimming and water polo skills in a safe, fun, child centred club environment. We train at several venues across the City making our programmes accessible all over Belfast and the surrounding greater Belfast areas. Our water polo players are coached to the highest levels of excellence and our Club is proud to have fielded both Ulster and Ireland athletes, achievements that not many swimming clubs can boast of.

We deliver comprehensive training programmes, beginning with young developing water polo players, progressing through our Pathway to Performance squads who compete successfully at National Level. We have a holistic approach and develop the complete player, building on their “FUNdamentals” experience until they achieve their maximum potential. All are catered for - whether they wish to develop their skills to compete seriously or maintain high levels of physical fitness.

Our coaches have a proven track record of success in training water polo players of all abilities. They are an extremely dedicated team whose enthusiasm and commitment are second to none! Our coaches are Swim Ireland qualified and are supported by an active Committee and parental network.

Cathal Brugha has been both SportNI ClubMark and Swim Ireland ClubMark accredited. These awards reflect a sound governance structure and recognition of embedded safeguarding policies and development plans (Insert following accreditation). The club is fully affiliated with Swim Ulster and Swim Ireland.

Above all we operate in a friendly, fun filled environment where the focus is solely on the player and allowing them to be the best that they can be irrespective of what competition level they wish to perform at.

We welcome all new membership enquiries. For information on becoming a member of our club please contact our membership secretary at info@cathalbrughawaterpolo.com

Gerry O'Neill

Club President

Membership

Applying to join Cathal Brugha Swimming & Water Polo Club couldn't be easier.

- Simply complete an online application by following the relevant link on our website at <http://cathalbrughawaterpolo.com/contact/>
- and then complete the Standing Order form also available at <http://cathalbrughawaterpolo.com/downloads-links/>

Our Hon. Secretary will be happy to assist you should you have any queries and may be contacted at info@cathalbrughawaterpolo.com

Our Club Constitution

The Club Constitution can be found on the website (www.cathalbrughawaterpolo.com) at [HERE](#)

The constitution lays out the general aims and rules of the club and should be read and understood by all members and parents.

Cathal Brugha Swimming & Water Polo Club is affiliated to both Swim Ulster and Swim Ireland. All players, coaches, committee and other club officials will be registered with Swim Ireland and membership of our governing body is necessary for insurance purposes. Cathal Brugha adheres to the policies and guidelines laid down by [Swim Ulster](#) and [Swim Ireland](#)

The Management Committee is the body elected by the members for the management of the business and affairs of the club. It consists of at least eight Members who must be members of Swim Ireland in their own right. Within Cathal Brugha the membership of the Management Committee shall consist of the following: President (non-voting), Chairperson, Secretary, Treasurer, Club Children's Officer, Head Coach, Club Captains (2), Membership Secretary, Social Media Officer and Parent Representative members (4 max)

The Club Committee is elected every year at the AGM. To ensure that the Club always continues to grow and adapt, no committee member stay on for more than a four-year period. This is a Swim Ireland requirement. It ensures the Club always continues to grow and adapt and is not under the control of a particular group/person. This means that succession planning is vital. New members are particularly welcome. All roles are as filled by our members' parent/ guardian as volunteers.

All committee members must comply with SI/SU Safeguarding requirements i.e. be Access NI checked and attend a Safeguarding Young Persons course. Details of this season's committee members can be found on our website www.cathalbrughawaterpolo.com

COMMITTEE ROLES AND RESPONSIBILITIES – SENIOR OFFICERS

Chairperson:

The Chairman is responsible for overseeing Committee meetings and for ultimately ensuring that the Club's Development Plan is implemented, updated and improved to provide the best framework in which every player can reach their potential, and to produce water polo players who will compete therefore at the highest possible level. The Chairman is responsible for ensuring that the committee members carry out their duties in a professional manner, remembering that everyone is a volunteer.

Secretary:

The Secretary handles all communications between the Chairman and the Committee and between the Club and its membership and external organisations. This is always to ensure records of a clear line of communication. The Secretary (or appointed Minute Secretary) is responsible for accurately recording the minutes of each committee meeting and sending these out in time for the following meeting along with an agenda agreed by the Chairman.

The Secretary will also hold the following details:

- (a) The Access NI forms for all committee members and coaches
- (b) Copies of all coaching qualifications and appropriate professional indemnity insurance certificates from all coaches.
- (c) An Accident Report Book for any incidents that occur at training or Club run competitions
- (d) Risk Assessment forms for each venue used by the Club on a regular basis during the year.

Treasurer:

The Treasurer will keep the financial records of the Club in good order, so that the Committee can make informed decisions on the immediate and long-term future of the Club. A clear presentation should be made at every committee meeting outlining the income and expenditure. The Treasurer will work with the Committee members each year in the preparation of the fee structure and Annual accounts for presentation at the AGM.

The Club Children's officer (CCO):

The club has at least one CCO. One CCO will be on Committee in accordance with SI regulations. This /these person(s) must have received the appropriate training in Safeguarding Children and Young People in Sport (or equivalent) and have attended a Club Children's Officer training programme. Their contact details are to be readily available to all members and parents. The CCO should also be pro-active in pointing out any areas of concern to the committee and informally communicating with parents to ascertain their level of satisfaction with the club.

Membership Secretary

Keeps up to date and appropriate membership details and consents ensuring SI/SU and Club Code of Conduct requirements are met. Liaise with the Treasurer to ensure all fees are paid by every member. Complete annual Swim Ireland and Swim Ulster affiliation process.

THE CLUB COMMITTEE 2020/21

President: Gerry O'Neill

Secretary: Lisa O'Kane

Club Children's Officer: Jake O'Kane & Julie Whelan

Men's Captain: Stio McMahon

Parent Representatives:

Ciaran McGurk, Christine McAlister, Patrick Cassidy, Deirdre Morgan

Head Coach: TBC

Chair: Vacant at time of writing

Treasurer: Brenda Monaghan

Membership Secretary: Wally Clarke

Women's Captain: Orla Monaghan

Social Media: Phil Kelly

All these positions are voluntary, and we depend on Club Members filling these roles. If you have any expertise in an area or wish to help please speak to a committee member, coach or email our Club Secretary at info@cathalbrughwaterpolo.com

THE COACHING TEAM



Conor Campfield
Men's Squad Coach



Johnny Donnelly
Women's Squad Coach



Orla Monaghan (Captain) & Lynn Hanna Shortt
Girls Squad Coaches



Paul Goss, Stio McMahon (Captain) & Ciaran McGurk
Boys Squad Coaches

In addition to the above Coaches, also volunteer coaches include:

Chris French

Blair Taylor

Jake Marron

Irene Tenchini

Cara O'Kane

Nathan Taylor

Damien O'Neill

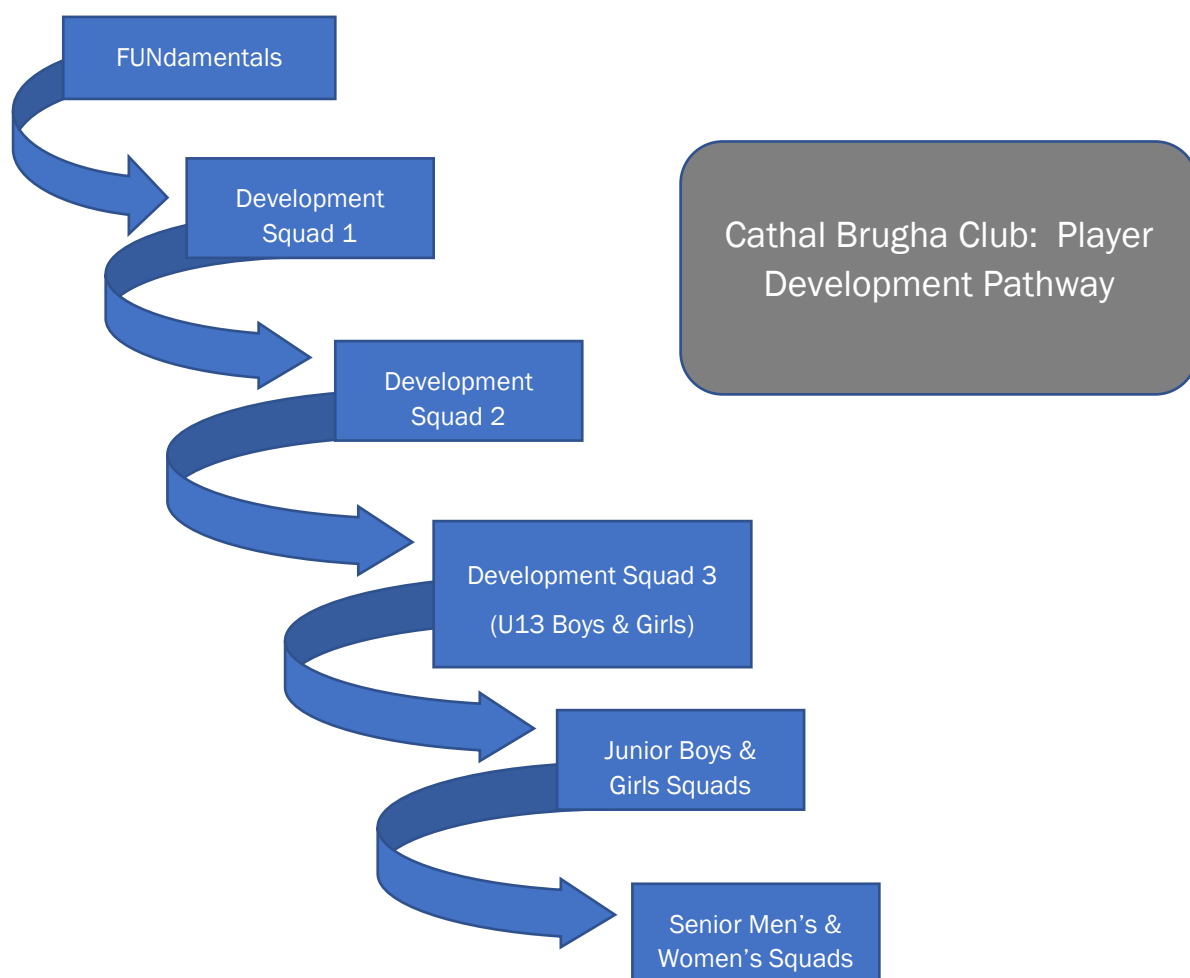
Denis O'Neill

Brian Holland

Cathal Brugha Player Pathway

Squad Structure

- The squads are structured to develop young water polo players and to ensure that they learn skills, progress at their own pace and are given the opportunity to reach their full potential.
- The Head Coach oversees the training programmes.
- Progression through the squad system is based on technique, attendance and attitude.
- Technique is the key to progression and success.
- The training programmes are designed to be in line with Ireland Water Polo National Standards – this helps to develop each child at the rate which they are capable of and helps to retain them in a sporting environment.
- Ultimately water polo players will be moved up or down squads based on the coaches' decision. Any movement in squads will be a joint decision between the players current coach, the proposed new coach and the Head Coach. Each players progress will be closely monitored throughout training and competition and each player will be selected for the squad that best suits their specific needs and skills.
- Each squad has an experienced coach who will provide a quality programme and guide the members in targeting competitions, selecting events and goal setting.
- The criteria for progressing through the squad system has been reviewed and is relevant to the Ulster/Ireland competition programme for each age group.
- The criteria are based on skills and additional elements are included at each level.



Player Development Pathway: Session Content & Performance Standards

FUNdamentals	Development Squad 1	Development Squad 2
Programme focus is on water confidence, team play and Fundamental water polo/aquatic skills – and FUN!	Focus is on improving aquatics skills and competent in most basic water polo skills i.e. lifting & throwing a ball, passing, shooting etc.,	Focus is on improving aquatics skills and competent in most basic water polo & team skills

U13's Skills	U13's Drills
<ul style="list-style-type: none"> • Eggbeater kick • Sculling Hands • Breaststroke & Double Breaststroke Kick • General Body Position (vertical eggbeater) • Moving Sideways, forwards and backwards • Sliding & Tilting in all directions • Start Forward with/without ball • Frontcrawl/Backcrawl Head-Up • Head-Up frontcrawl with/without ball • Start, Stop & Changing Direction • Picking up ball • Eggbeater kick with ball • Jumping, Faking (basic) & Blocking (static) 	<ul style="list-style-type: none"> • Changing positions in attack • Protecting the ball against press game • Catching ball in group of 2 or 3 players • Passing ball (dry pass) in group • Passing ball – pass on water • 1 v 0 Attack • 2 v 1 Attack • Defending 1 v 2

U15's Skills	U15's Drills & Game Plans
<ul style="list-style-type: none"> • Faking (advanced) • Jumping (sideways & forward) • Sliding on sides through water • Picking up ball in swimming • Swimming F/C & B/S with ball in hand • Swimming F/C changing direction • Swimming F/C changing direction with ball 	<ul style="list-style-type: none"> • Push Shot • Shooting Off Water • Blocking – Active • Shooting from movement after stopping • Chop stroke • 3 v 2 Attack • Man Up & Man Down

U17's & U19's Skills	U17's & U19's Drills & Game Plans
<ul style="list-style-type: none"> • Changing direction for 180 degrees • Start/Stop in Defence • Swimming F/C with ball in strong hand • Walking with ball – left/right short pass • Walking with ball – left/right long pass 	<ul style="list-style-type: none"> • Swimming & passing in pairs (dry pass) • Swimming & passing in pairs (wet pass) • Swimming & passing in pairs (trailer) • Block in Attack • 4 v 3, 5 v 4 & 6 v 5 Attack & Defence • Man-Up & Man-Down • 6 v 6 Position Game

Senior Men & Women: Focus is on improving water polo skills & drills using an advance suite of skills, drills and game plans to those practiced by junior squads

POTENTIAL COMPETITIONS MATRIX

* Entries are dependent upon squad availability & readiness to compete *

Squad	Competition		
FUNDamentals	Ulster Blitz Events (Usually Winter, Spring & Summer)	Internal Club events	
Development Squad 1 & 2	Ulster Blitz Events (Usually Winter, Spring & Summer)	Internal Club events	
U13 Boys & Girls	Ulster Blitz Events (Usually Winter, Spring & Summer)	Irish U13 Cup (Usually May in Dublin)	
U15 Boys	Ulster Blitz Events (Usually Winter, Spring & Summer)	Irish U15 Cup (Usually May in Galway)	
U15 Girls	Ulster Blitz Events (Usually Winter, Spring & Summer)	Irish U15 Cup (Usually May in Galway)	
U17 Boys	Ulster Blitz Events (Usually Winter, Spring & Summer)	Irish U17 Cup (Usually Jan in Belfast)	Irish U17 League
U17 Girls	Ulster Blitz Events (Usually Winter, Spring & Summer)	Irish U17 Cup (Usually Jan in Belfast)	Irish U17 League
U19 Boys	Irish U19 Cup (Usually Nov in Limerick)		
U19 Girls	Irish U19 Cup (Usually Nov in Limerick)		
Senior Men	National League	Irish Senior Cup	Bro. Philip Cup
Senior Women	National League	Irish Senior Cup	KO Cup

At Competitions.....some do's and don'ts

These points are very important to help you get the most out of your water polo competition experience and performance!

- Wear Cathal Brugha Kit (T-shirts & Brugha Swimsuits are available to purchase at our website)
- Bring with you: towels, swimsuit, your water bottle and snacks
- Sit together as a team – wherever the Team Manager considers the best place available is. This may be poolside or in the spectator gallery depending on the competition
- Arrive for matches at a time identified by your Team Manager/Coach
- On arrival report poolside to TM then change and report to coach who will advise on your team talk, warm up etc.
- Speak to the coach before and after each event
- Hydration - drink regularly and take water bottle to the poolside.
- Nutrition - eat small regular snacks of energy food -bananas, snack bars etc
- Keep yourself rested - remain seated between games where at all possible. (Return to parents in stand if wish with permission of TM)
- Keep your body warm. Poolside footwear should always be worn on poolside. Club t-shirt to be worn on poolside and should to be worn in all Club photos and at presentation ceremonies.
- Do not leave the event without advising/ permission from TM
- Remember you are representing yourself & your Club and your best behaviour is expected at all times
- REMEMBER: No mobile devices with cameras are to be used poolside or in changing rooms
- MOST OF ALL - ENJOY YOUR GAME!



Cathal Brugha – Standard Weekly Training Sessions (at May '20)

(Session times may change throughout the season and changes will be notified via the Club website and Club social media)

	Monday	Tuesday	Wednesday	Thursday	Friday
Lagan Valley LeisurePlex, Lisburn	Senior Men 8.45pm – 9.30pm (Lanes for Men & Women) 9.30pm – 10.30pm (Main Pool)				
	Senior Men's Development Squad 9.30pm – 10.30pm (Main Pool)				
Falls Leisure Centre			Senior Women 7.00pm – 8.30pm		FUNdamentals (Primary Age 4 to 8 approx.) 7.00pm – 7.30pm
			Polo4Life 8.30pm – 9.30pm		Development Squad 1 7.00pm – 8.00pm
					Development Squad 2 7.30pm – 8.30pm
					Development Squad 3 (U13 Boys & Girls) 8.00pm – 9.00pm
					U16 Boys & Junior Girls 9.00pm – 10.00pm
Whiterock Leisure Centre		U15 Boys & Girls (Lanes) 8.10pm – 9.10pm			
Lisnasharragh Leisure Centre				Senior Men 8.00pm – 10.00pm	
				U19 Boys 8.00pm – 9.30pm	

Parents Volunteering

Events such as the Irish Under 13 Cup, Under 15 Cup etc., we will require to transport young players to venues in Dublin, Galway etc., and to this end we often need parents to volunteer as drivers and chaperones. In the case of volunteer chaperones, training will be provided.

The tasks we ask parents to assist with are not onerous and many do not require specific training e.g. timekeeping, assisting at events etc. Anyone volunteering will be given help by Cathal Brugha Club officials and other parents if unsure what to do.

Thank you in anticipation of your support.

Safeguarding

Cathal Brugha Swimming & Water Polo Club adopt the Safeguarding Policies and Procedures of the National Governing Body – Swim Ireland. Our coaching team, committee members, Club Children's Officers and team managers have all attended Safeguarding Courses and are AccessNI vetted

The Safeguarding Policies can be found at: [Swim Ireland Safeguarding Children Policies and Procedures](#)

These policies are in place to ensure the safeguarding of our young members while they are taking part in our club activities.

Our Club Children's Officers are;



Name: Jake Marron
Email: info@cathalbrughawaterpolo.com
Mobile: +447722714652



Name: Julie Hanna Whelan
Email: info@cathalbrughawaterpolo.com
Mobile: +447971648431

CLUB POLICIES

Volunteer Policy

In addition to our coaching team, every committee member, official and assistant coach is a volunteer, giving their time and their experience in order to assist the club in achieving its aims. Cathal Brugha therefore values this highly as each volunteer helps reflect the interests, needs and resources of the swimmers we coach and bring a range of talents and skills in to the club. In as much as Cathal Brugha benefits from the skills, experience and enthusiasm of our volunteers, we believe that the experience in taking part in the running of the club should benefit the volunteer as well. Seeing the commitment and discipline involved in this sport is a learning experience for everyone.

Cathal Brugha strives to create a diverse and inclusive organisation within a diverse and inclusive community. Therefore, we are committed to ensuring equality of access to high quality volunteer opportunities and equality of treatment for our volunteers in all our policies and practices.

To ensure that the club continues to grow and adapt, the maximum time span on a committee is 4 years. Therefore, succession planning is vital to ensure progression and sustainability.

The club needs parents who are willing to help in any capacity to manage the club.

Cathal Brugha relies on parents, especially, to step forward and take a close interest in the running of the club. The club can only be successful if parents are willing to give up their time to benefit every member in some way by actively participating in the club.

Cathal Brugha Swimming & Water Polo Club adheres to all the policies and procedures of the National Governing Body – Swim Ireland.

[Swim Ireland Safeguarding Children Policies and Procedures](#)

[Filming and Photography Policy](#)

[Spectator Behaviour Policy](#)

[Social Media Policy](#)

[Travelling Policy](#)

[Away Trips Policy](#)

[Anti-Bullying Promise and Policy](#)

[Physical Contact Policy](#)

[Codes of Conduct](#)

[Swim Ireland Complaints and Disciplinary Procedures](#)

[Swim Ireland Privacy Policy](#)

Club Equity Policy

Cathal Brugha has an Equal Opportunities Policy which can be found on the Club website. The club is committed to be equally accessible to everyone in society. We are extremely pleased that our membership is drawn from all over the Greater Belfast Area and further afield.

The Club Development Plan

The Club development plan sets out the fundamental guidelines as to how the club should operate, lines of responsibility and the aims of club and how and when they are to be achieved. The plan will be made available to the membership for download from our [Club Website](#). If you believe that you are able to assist in some way to helping drive forward the plan or provide a necessary skill which we currently lack, please contact any committee member. **This is your club.**

Club Child Protection Policy

Cathal Brugha Swimming & Water Polo Club is committed to ensuring that any young person, or vulnerable adult, involved in any activities connected to the Club is always treated with respect and any activities entered into are carried out in a safe and creative environment. The policy can be found on the club website www.swimbelfast.com. Should any person have any query or concern, this should be addressed with the Club Children's officer, whose can be contacted by email at info@cathalbrughawaterpolo.com

Safeguarding Children & Young People and Codes of Conduct

Cathal Brugha adopts the Safeguarding Policies and Procedures of our National Governing Body Swim Ireland. Our coaches, committee and CCO's are all Access NI checked and have attended a Safeguarding Children & Young Person's course. We encourage as many parents/guardians to also attend Safeguarding courses as they are offered by Swim Ulster.

Complaints and Disciplinary Procedures

The Club will deal with complaints as laid out in [Swim Ireland Complaints and Disciplinary Procedures](#)

and shall adopt Swim Ireland procedures in this regard. Any issue involving members under 18 must also be brought to the attention of the Club Children's Officer

Photography & Video

In accordance with the Swim Ireland Filming and Photography policy, we only permit photographs, video or other images of children/young people to be taken with consent.

Photographs/videos will be taken by an appropriate person appointed to do so by Cathal Brugha Swimming & Water Polo Club. Any images will be used, held and stored in accordance with the Swim Ireland Filming and Photography Policy as specified in latest version of the Swim Ireland Safeguarding Policies. No child/young person will be identified individually in any published image or film footage.

Cathal Brugha Swimming & Water Polo Club request permission to photograph and/or record video footage of your child's involvement in their sport for the purposes of publicising and promoting the club and/or sport.

Privacy Statement

Cathal Brugha Swimming & Water Polo Club take the protection of the data that we hold about you as a member seriously and will do everything possible to ensure that data is collected, stored, processed, maintained, cleansed and retained in accordance with current future data protection legislation.

Please read the full privacy notice carefully to see how Cathal Brugha Swimming & Water Polo Club will treat personal information that you provide to us. We will take reasonable care to keep your information secure and to prevent unauthorised access. A copy of our Privacy Notice is available from the downloads page of our website at <http://cathalbrughawaterpolo.com>

Data Sharing with Swim Ireland

When you become a member of or renew your membership with Cathal Brugha Swimming & Water Polo Club you will automatically be registered with Swim Ireland through the Swim Ireland online membership database. We will provide Swim Ireland with your personal data which they will use to enable your personal access to the membership database. Swim Ireland will contact you to sign in and update your profile (which, amongst other things allows you to set and amend your opt-ins and

privacy settings). It is vital therefore that a valid email address is given, so that you can ensure that your data is correct and so that your own privacy settings.

If you have any questions about the continuing privacy of your personal data when it is shared with Swim Ireland, please view the [Swim Ireland Privacy Policy](#)

ADVICE & GUIDANCE FOR PARENTS AND PLAYERS

Dropping off and collecting children.

Please ensure that those children, for whom you are responsible, make it safely onto the poolside after you have dropped them off before you leave the premises. The children are your responsibility until they arrive on the poolside into the care of the coaches. It is also extremely important that at least one parent/guardian is contactable during the session in case of an emergency. The Club's Registration Officers, who attend at Junior training sessions, will have a Membership Contact Sheet for the parents/guardians of all young members. Should a parent need to collect their child early or leave the session early for any reason, then the relevant Coaches must be informed.

Please also ensure that you collect your young athlete on time i.e. arrive before/by the end of a pool session to collect your player (not after they are changed). The Club's duty of care ends at the end of the pool session.

Young water polo players should not leave the Leisure Centre during or after a session unless they are with a parent or someone else who has taken responsibility for the child. Please do NOT ask your child to come out of the centre to meet you in the car park or on the street. It only takes a few seconds to park your car and come into the centre. Children should not leave unaccompanied.

Parent Supervision

It is a Swim Ireland requirement that there must be a parent present for all training sessions. This reduces the risk to both coaches and swimmers and ensures someone is on hand should an emergency arise. To ensure our Club meets this Safeguarding Children and Young Persons' requirement two parents are currently volunteering to undertake this role are Mark Watson and Paddy Carroll.

Behaviour of water polo players in the pool.

All players are expected to be well behaved and respectful towards each other and the coaches before, during and after all sessions. Should a Member continually disrupt the session and make the session unsafe for either themselves or anyone else in their group, they will be asked to leave the water immediately. This would be an action of last resort and would be discussed with the parent or guardian at the end of the session.

The coaches have to act in the interests of the majority and the safety of the swimmers must remain the coach's priority at all times.

In particular, the following behaviour will not be tolerated:

- Interference with pool equipment e.g. lane ropes
- Abuse and inappropriate use of swimming aids e.g. throwing
- Violent or threatening behaviour
- Bullying
- Foul language
- Disobedience to coaches

If a player refuses to leave the water when asked, the parent/guardian will be asked poolside to remove them.

Changing Rooms.

Parents are responsible for the behaviour of their children in the changing rooms. It is recommended that lockers are used, especially during public sessions. Your co-operation in this is appreciated and will help maintain a safe environment for all our swimmers.

Mobile Phones and Cameras.

Please do not photograph or video your children at any session without permission from a committee member and other parents. Mobile phones should not be on poolside for this reason. In addition, players must not take phones or devices with cameras into the changing rooms or onto poolside, regardless of whether they are at a water polo match or training session.

Facebook and other Social Media applications

The coaches are aware of this, but please could you advise your children not to try to connect to or “friend” any coaches’ Facebook page or other social media applications. This is a child protection matter and is necessary to ensure we protect our coaches as well as our children.

Emergency Exits

As per the Club Handbook, available on the website, you are advised to make yourself familiar with the fire escapes in each venue. Coaches are responsible for swimmers in the water during such an incident.

Galas and competitions

Coaches will advise Parents/ guardians of Cathal Brugha competition information with particular regard to any need to recruit volunteer drivers/chaperones at away trips.

Coaches

The coaches and their decisions should be respected. Avoid communicating with coaches during sessions, organise time to speak to them outside these times. Out of courtesy, if possible, inform the coach if their young player will not be attending sessions or is unavailable for a game.

Hardship Policy

The Club is aware that Club fees are a substantial commitment for any family. Therefore, the Committee will view any application from a family for membership on an individual basis and where deemed appropriate, the Committee will make alternative arrangements with that family for payment of their fees. This will be a confidential arrangement and should not be discussed by either party.

Club Kit

Club Kit can be ordered at different stages throughout the year from the [Club Website](#) or by contacting us at info@cathalbrughawaterpolo.com

Members are encouraged to purchase and wear the club kit and it is strongly recommended that players wear Club kit whilst representing the Cathal Brugha Club at competitions. Swim Ireland regulations are that t-shirt & shorts must be worn by junior players for presentation photographs during competitions.

CODES OF CONDUCT

The codes of conduct set out fundamental behaviours expected from each person involved in sport and young people. Clubs and regions are required to ensure that all members sign up to the relevant codes of conduct annually as part of the membership renewal. Signing a code of conduct is a mandatory requirement of membership and is a Swim Ireland rule, and failure to sign cannot be used as a challenge against ignorance of the code of conduct.

For safeguarding and well-being of young people the following codes state expected behaviours for:

- Young People – this code may be added to by young people when creating a squad/club specific code or contract.
- Parents – this code includes expectations of parents and encourages their involvement in regions and clubs. Coaches/Teachers – this is behaviour expected from a coach or teacher, including Swim Ireland's Associate members.
- Leaders – this covers all roles not otherwise specified including Children's Officers, Team Managers, Officials, etc.

Each of these codes of conduct are available separately. These codes of conduct do not replace, but act in addition to, other specific codes or expectations of behaviour for Swim Ireland roles and activities including, but not limited to: National and regional board National, regional and club committee National, regional and club coach and teacher Performance Centre staff and athlete Official Team manager

Swim Ireland codes of Conduct may be accessed [HERE](#) and are also referenced within [Swim Ireland Safeguarding Children Policies and Procedures](#)

The individual Codes of Conduct forms can be found on the Club website and should be signed each year by the relevant people. For swimmers and parents/guardians this is by online waiver on registration.

It is important that everyone is aware of the correct behaviour demanded by the club and its governing body. Most of all, the committee believe that by adopting these standards, the club will be able to promote a healthy environment within which every water polo player is encouraged to perform to the best of their ability. The Codes of Conduct are signed by online waiver on registration (check), are available for download at our [Website](#)

The Code for Young People

As an athlete, you have rights and responsibilities. The following code will help identify these for you – if you are not sure ask your parent or your Children's Officer to explain them. This is your Code, whatever your ability or wherever you take part in the aquatics.

You should follow the code and encourage others to do so too. In our sport you should:

- Be happy, have fun and enjoy taking part and being involved in our sport
- Feel safe and secure when you are taking part in our sport
- Be listened to and have a chance to reply
- Be treated with dignity, sensitivity and respect
- Have a voice in the decisions that affect you within the Club and Swim Ireland
- Say no to something which makes you feel uncomfortable
- Train and compete at a level that is suitable for your age, development and ability
- Know who you can talk to if you are upset or are uncomfortable in any way

Your responsibilities are to:

- Treat leaders, coaches, teachers, team managers, officials and parents with respect
- Respect other athletes and your opponents
- Do your best to achieve your goals; be gracious in not reaching your goals

- Be part of the team and respect and support other team members both when they do well and when things go wrong
- Never bully or use bullying actions against another person; you should never hurt other team members, athletes or your opponent, this includes never taking/damaging their property, never spreading rumours or telling lies about other young people or adults
- Take part in your sport without cheating; you are responsible for not cheating and must not allow others to force you to cheat
- Behave in a manner that is respectful towards your club, your region and Swim Ireland
- Never use violence or bad language; do not shout or argue with leaders, teammates or opposing participants – talk to someone if you are upset or angry or if someone has caused you to be upset or angry
- Set at a level for what you want to achieve with your parent and coach. You can then understand the commitment and attendance needed to achieve your goals
- Not take, or allow others to make you take, banned substances to improve your performance
- Keep to rules and guidelines set by Swim Ireland, the region and your club and make sure you understand the rules

The Code for Parents/Carers

You should help and support the implementation of best practice policies in your child's club by following the Codes of Conduct

Your responsibilities are to:

- Be a positive role model for young people by maintaining the highest standards of personal conduct and respectful behaviour in any activity related to the club, region or Swim Ireland
- Allow your child to focus their efforts and set their own goals rather than winning being the main objective
- Understand and ensure your child/children abide by The Code for Young People
- Support the ethos of the club
- Choose a safe and fun club with your child
- Support your child and their teammates in a positive way
- Listen to your child if they have any concerns about our sport
- Become members of the club and contribute your time and effort in the daily running of the club; no club can operate successfully and safely without the help of volunteers
- Be available for specified duties if and when required; some duties are mandatory and form part of the procedures for safeguarding your children; some will be at the request of the Club
- Where appointed to a role or duty you should not be under the influence of any banned substance or alcohol whilst involved in any club/region/Swim Ireland activities • Have an awareness of and respect leaders and other adults and their roles
- Understand the complaints and disciplinary process; follow the proper procedure if you feel unjustly treated and that any complaint/disciplinary matter will be dealt with effectively and confidentially
- Know your child's training and/or competitive programme, and accept it is your responsibility for delivering and collecting your child/children. Parents/guardians should ensure they do not leave their child/children waiting unsupervised at any time
- Ensure appropriate leaders are informed regarding any absenteeism, medical conditions or other relevant matters concerning your child
- Provide the appropriate leaders and your child with emergency contact information and to be reasonably available in case of emergency
- Promote that participation in sport for children and young people is fun, safe, fair and in the spirit of fair play
- Arrange an appropriate time and place for discussing any matter with leaders and coaches; communication should not take place whilst leaders and coaches are in a position of supervision or responsible for other young people

- Abide by the procedures and policies regarding the use of mobile phones, any type of camera and videoing equipment
- Be aware of and abide by the Swim Ireland Safeguarding Policies and the rules and constitution of Swim Ireland, the region and your own club

As a Swim Ireland parent, you should:

- Have an opportunity to put forward suggestions and comments
- Have access to Swim Ireland parent support programmes
- Have access to Anti-Doping workshops

The Code for Coaches/Teachers

As a coach/teacher in sport you have an opportunity to make a positive impact on the lives of young people. You, and any other person working with you should abide by the Codes of Conduct.

You should:

- Be eligible to work in a regulated activity or position
- Understand and ensure the welfare and well-being of young people is paramount
- Be qualified for your role and keep up-to date with knowledge and skills appropriate to your position
- Abide by the club, region and Swim Ireland safeguarding policies and rules
- Ensure a safe and fun environment for young people you are responsible for by:
 - Planning and preparing for sessions; explaining to young people what is planned for each session - Understanding a young person's developmental needs and being aware of how a young person may be physically and psychologically affected
 - Having consent and accessible emergency contact details for each young person - Ensuring your sessions are adequately supervised and you work in an open environment
 - Keeping an attendance register - Being positive in your interactions with young people
 - Prioritise young people's skill development and enjoyment
 - Setting age appropriate and realistic goals
 - Treating each young person equally and fairly; challenging bullying behaviour
 - Praising and encouraging effort
 - Engaging positively with parents/carers letting them know how they can help and what you expect from parents

Coaches/teachers must:

- Not expose a young person to criticism, hostility or sarcasm
- Not swear at, make fun of, shout unnecessarily or argue with a young person • Be aware of a young person's sensitivity to body image
- Never use physical punishment or force
- Correct mistakes without using any form of punishment, exclusion or humiliation
- Never use banned substances or alcohol whilst responsible for or in the company of athletes
- Not engage in behaviour that is inappropriate e.g. bullying behaviour, rough physical games, sexually provocative games, never allow or engage in inappropriate physical contact of any kind or make sexually suggestive comments about or to a young person
- Ensure to maintain a healthy, positive and professional relationship with all athletes. A coach/teacher in a position of authority and trust must not engage in sexual relationships with 16 or 17 year old athletes where an unequal power relationship exists. As a coach/teacher your responsibilities are to:
 - Act as a role model for young people by promoting a healthy lifestyle and encouraging a positive approach to sport
 - Maintain the highest standards of personal conduct and respectful behaviour in any activity related to the club, region or Swim Ireland

- Co-operate with the recommendations from medical and ancillary practitioners concerning the health and well-being of a young person. As a coach/teacher you should ensure any young person is medically fit to participate in the activity; you may request a certificate of medical fitness to ensure safe or continued participation
- Act only within your qualifications and competence; you should not carry out medical testing, therapy or provide advice if you are not qualified to do so; any such activity must only be with the assent of the young person and the consent of a parent/carer
- Keep any personal or medical information relating to a young person strictly confidential unless required to pass this on in the best interests of the young person
- Never apply undue influence or pressure on a young person for your own personal benefit or reward

The Code for Leaders

As a leader you have an opportunity to have a positive impact on the lives of young people involved in sport. You have volunteered your time and effort and you, and any other person working with you should abide by the Codes of Conduct.

You should:

- Be eligible to work in a regulated activity or position
- Understand and ensure the welfare and well-being of young people is paramount
- Be qualified for your role and keep up-to date with knowledge and skills appropriate to your position
- Abide by club, region and Swim Ireland safeguarding policies and rules
- Support the ethos of the club, region and Swim Ireland
- Understand the complaints and disciplinary process; follow the proper procedure if you feel unjustly treated and that any complaint/disciplinary matter will be dealt with effectively and confidentially
- Ensure a safe and fun environment for young people you are responsible
- Be available for specified duties if and when required;
- Have an awareness of and respect leaders and other adults and their roles
- Promote that participation in sport for children and young people is fun, safe, fair and in the Spirit of Sport
- Abide by the procedures and policies regarding the use of mobile phones, any type of camera and videoing equipment Leaders must:
- Not expose a young person to criticism, hostility or sarcasm
- Not swear at, make fun of, shout unnecessarily or argue with a young person
- Be aware of a young person's sensitivity to body image
- Never use physical punishment or force
- Correct mistakes without using any form of punishment, exclusion or humiliation
- Never use banned substances or alcohol whilst responsible for or in the company of athletes
- Not engage in behaviour that is inappropriate e.g. bullying behaviour, rough physical games, sexually provocative games, never allow or engage in inappropriate physical contact of any kind or make sexually suggestive comments about or to a young person
- Ensure to maintain a healthy, positive and professional relationship with all athletes. Any leader in a position of authority and trust must not engage in sexual relationships with 16 or 17 year old athletes where an unequal power relationship exists.

As a leader your responsibilities are to:

- Act as a role model for young people by promoting a healthy lifestyle and encouraging a positive approach to sport
- Maintain the highest standards of personal conduct and respectful behaviour in any activity related to the club, region or Swim Ireland

- Co-operate with the recommendations from medical and ancillary practitioners concerning the health and well-being of a young person.
- Act only within your qualifications and competence within your assigned role
- Keep any personal or medical information relating to a young person strictly confidential unless required to pass this on in the best interests of the young person
- Never apply undue influence or pressure on a young person for your own personal benefit or reward As a Swim Ireland leader, you should:
- Be properly recruited and supported in your role
- Have access to and attend required training for your role

CONTACT THE CLUB.....

Contact us at:

Email: info@cathalbrughawaterpolo.com

Or visit our website and social media at:

Website: www.cathalbrughawaterpolo.com

Facebook: <https://www.facebook.com/cathal.brugha.5/>

Flickr: <https://www.flickr.com/photos/63279120@N05/>

Instagram: cathal_brugha_

Useful Links:

Swim Ulster Website: <http://www.swimulster.net/Home.aspx>

Swim Ulster Facebook: <https://www.facebook.com/swim.ulster>

Swim Ireland Website: <https://www.swimireland.ie/>

Swim Ireland Facebook: <https://www.facebook.com/SwimIreland>

Ireland Water Polo Facebook: <https://www.facebook.com/irelandwaterpolo>

Ireland Water Polo Fixtures & Results: <http://www.waterpolo.ie/national-league-fixtures-results.html>

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