



Firebrands Hockey Club

The home of hockey in Bristol

YOUNG PERSON'S GUIDE

1. What can I expect from Firebrands Hockey Club?

Firebrands Hockey Club will have:

A membership scheme

This will be explained to you when you arrive at the club. You will receive information on how much this will cost, kit you will require, rules of the club, when training sessions are and match information.

Qualified coaches

The coaches understand and know how to help you play the best hockey you can.

Volunteers

Any adult working within the club will have been on training to ensure they know how to support and look after you.

The club will have a First Aider, Team Managers and a Welfare Officer. Make sure you know who these people are and introduce yourself to them.

Rules

The game of hockey has rules, which you will learn as you play.

The club has rules, which you will also learn. For example, one rule is that junior members are not allowed to smoke. These rules are there for your safety and are not to be broken.

Opportunities for you to play

There will be teams and squads of boys and girls your own age. You will get to know them and learn how to play hockey with them.

Matches and competitions

There will be a chance for you to train and play in your club team against other clubs.

Anti Bullying policy

This clearly states how the club will deal with any situations of bullying, either adult to young person or young person to young person.

Safeguarding and Protecting Young People Policies and Procedures

These provide the club with ways of ensuring that you are safe and enjoy your hockey.

Codes of Conduct and Behaviour

These clearly state how members must act towards you and support you. This includes coaches, volunteers, officials and parents.

2. What does the Firebrands Hockey Club expect from me?

Code of Conduct

- They will give clear messages on how they expect you to behave.
- This may be in the form of a Code of Conduct.
- The Code of Conduct will clearly state what is OK and what is not OK. For example:
- Junior members are not permitted to smoke
- Junior members are not permitted to drink alcohol

Club Rules

FIREBRANDS PLAYER'S CHARTER

Our members are required to conduct themselves in relation to the player's charter.

A. Sportsmanship on the Pitch

- i. We play hard to win but play fair and as safe as possible
- ii. We respect our opponents: magnanimous in victory and generous and dignified in defeat
- iii. We respect and support umpires on and off the pitch, acknowledging that they, like us, can make mistakes.
- iv. We don't intimidate, threaten, swear or make inappropriate gestures, even if provoked.
- v. We abide by the EH policies and procedures for Protecting Young People; Equity and 100% Membership.

B. Clubmanship: supporting each other and the club on and off the pitch

- i. We know that our contribution to sportsmanship and the club includes entertaining visiting teams
- ii. We willingly play our part in offthepitch activities such as cleaning up the clubhouse, working on social events and other projects.
- iii. We respect the work that coaches and other volunteers do for us and the club. We volunteer to help with junior coaching etc when asked.
- iv. We commit to attending at least two club social functions per season
- v. We pay our subscriptions and match fees on time
- vi. We actively encourage parents of younger players to watch, take part in club socials and to volunteer their assistance and expertise
- vii. We help the club to recruit new players of all standards
- viii. We promote a positive but fair view of the Club to other members and clubs and to county, league and England Hockey.
- ix. We understand that the club will act in the best interests of all its members. If we have any questions or concerns, we raise these with our captain or another committee member.

C. No surprises with selection or availability

- i. We recognize that we want the strongest teams each week and that we may not play in every match
- ii. We will play for the side for which we're selected
- iii. We give our captain and coach maximum warning of when we are not available in order to help them and so they can include us whenever we are available
- iv. We are embarrassed if we give our captain less than a week's notice that we are not available
- v. We can expect that our coach (1st Teams) / Captains (All Teams) will explain in person or via a phone call (never Text Message, Email or Social Media) before the team lists are published, as to if/why we are not selected or selected for a higher/lower team
- vi. We accept that our selection for matches will be influenced by how often we go to training, how available we are (for any team selected for) and by ability.

D. England Hockey code of conduct for players

- i. Respect the spirit of fair play in hockey. This is more than playing within the rules. It also

incorporates the concepts of friendship, respect for others and always participating with the right spirit.

ii. Respect the rights, dignity and worth of others.

iii. Respect umpires, officials, coaches, players and spectators.

iv. Conduct themselves in a manner that takes all reasonable measures to protect their own safety and the safety of others.

v. Never participate when under the influence of alcohol or drugs.

vi. Promote the reputation of the sport and take all possible steps to prevent it from being brought into disrepute.

vii. Accept success and failure, victory and defeat, with dignity.

viii. Set a positive example for others, particularly young participants and spectators.

ix. Protect others involved in the game from verbal or physical abuse and threatening or intimidating behaviour.

x. Never use inappropriate language or gestures.

xi. Abide by the England Hockey Safeguarding and Protecting Young People in Hockey, Policy and Procedures and Good Practice Guidelines.

xii. Abide by the England Hockey Equity Policy.

xiii. Abide by the England Hockey Antidoping Rules.

xiv. Take personal responsibility to ensure that they are suitably insured for their activities.

If have any questions regarding the Player's' Charter or feel that you have experience a violation of any clause, please contact Ross Opie or Kirsti Ramsay to discuss.

Don't keep it to yourself!

You have the right to:

- Have fun when playing hockey
- Be safe when playing hockey
- Enjoy your hockey
- Make friends through hockey
- Be treated with respect by adults and other young people involved in hockey

Are you worried?

- My coach is bullying me
- Another adult at hockey is bullying me
- Another member of my team is bullying me
- One of the coaches or volunteers is threatening me
- An adult is making me do things which I know are wrong
- Someone is touching me and making me feel uncomfortable
- Someone is constantly teasing me, shouting at me or kicking and punching me
- Someone is making suggestive remarks or asking me to do things of a sexual nature
- Someone is acting in a way which makes me feel lonely, upset, unsafe or embarrassed

If the answer is YES Don't keep it to yourself – ask for help.

Who can I talk to?

Talk to your Welfare Officer.

It can sometimes be difficult to speak to an adult about how you are feeling.

- You might think that an adult will not understand

THEY WILL LISTEN

- You may think that they will not believe you

THEY WILL BELIEVE YOU

- You may be scared that they will tell other people who you do not want to know

THEY WILL ONLY TELL SOMEONE WHO CAN HELP

- You might think they have not got time to talk to you

THEY WILL ALWAYS MAKE TIME TO TALK

It's better to talk to someone

- Ignoring your worries or concerns could make them worse

- Talking to someone will begin to tackle your worries and concerns
- You only have to share information that you want to share
- Telling someone will begin to help you
- What will happen if I talk to someone?

Your Welfare Officer will know what to do and how to help. They will be able to ensure that you are safe and they will believe you.

There are policies and procedures which they will use. These provide information on who to contact, how to contact them and what they can do to help.

Confidentiality

The Welfare Officer cannot promise to keep the information you share a secret. However, they do have to keep it CONFIDENTIAL. This means that they will have to tell only the person/people who can help.

When you are talking to the Welfare Officer, ask them to explain who they need to speak to and why.

They may say one of the following:

- England Hockey Lead Child Welfare Officer

They will know what to do if the behaviour of adult(s) towards you is upsetting you.

Talking to this person will begin to help the situation and ensure you can play hockey in a happy and safe environment.

- Social Services or the Police in an emergency

Social Services or the police will be called if the Welfare Officer thinks you may come to more harm or are in danger. This is to help you and ensure you are safe.

Your Child Welfare Officer is:

Name: Susie Ramsay

Phone Number: 07709699575

Email: Address: susie.ramsay@gmail.com

Alternative sources of help, advice and support

NSPCC 0808 800 5000 www.thereforeme.com

Support and advice for 12–16 year olds

Childline 0800 1111 www.childline.org.uk Free helpline for children and young people

Kidscape 0207 730 3300 www.kidscape.org.uk Support on bullying