



YOUTH FOOTBALL

CHARTER

How we meet the rights of young players.



Let them **play.**

YOUTH FOOTBALL CHARTER

This charter is a guide for coaches, parents and players. It helps ensure youth football is a positive experience for children, respects their rights and promotes their development.



RIGHT TO PLAY AND RECREATION



Overview of Right

It's important for kids to play, have fun and take part in cultural and artistic activities. This is crucial for their physical and mental growth, especially in football.

Coach



Commitment:

Make sure kids enjoy playing football and can improve at their own pace without feeling pressured to win.



Action:

Plan fun and inclusive football sessions that focus on enjoyment and a love for the game.

Parent



Commitment:

Encourage your child to enjoy football and develop at their own speed, focusing on fun and personal growth rather than competition.



Action:

Support your child by getting them involved in various fun football activities that fuel their passion for the game.

Player



Right:

You have the right to enjoy playing football and to develop your skills in a fun, pressure-free environment.



Role:

Participate actively, do your best, and remember that having fun and working as a team are more important than winning.

RIGHT TO PROTECTION



Overview of Right

Kids must be kept safe from all forms of harm, abuse and exploitation in football settings.

Coach



Commitment:

Ensure a safe environment for all players, protecting them from harm, abuse and discrimination.



Action:

Follow safeguarding policies, report any concerns immediately to the club welfare officer and stay updated with the Irish FA Safeguarding Policy.

Parent



Commitment:

Advocate for a safe playing environment for your child and their peers, protecting them from harm and abuse.



Action:

Learn about the club's safeguarding policies and report any worries to the club welfare officer.

Player



Right:

You have the right to be safe from harm, abuse and discrimination in all football activities.



Role:

Speak up if you or someone else feels unsafe or uncomfortable and always follow your club's safety rules.

RIGHT TO BE HEARD



Overview of Right

Kids have the right to express their views on anything affecting them, including football and decision-making processes.

Coach



Commitment:

Listen to and respect your players' opinions, involving them in decisions about their football experience.



Action:

Encourage open communication, provide a way for players to share their thoughts, and incorporate their feedback into coaching.

Parent



Commitment:

Listen to and respect your child's opinions and feelings about their football experience.



Action:

Have open conversations with your child about their football journey and consider their views in decisions that affect them.

Player



Right:

You have the right to express your opinions and have a say in decisions that affect your football experience.



Role:

Speak openly with your coaches and teammates, sharing your thoughts and listening to others.

RIGHT TO NON-DISCRIMINATION



Overview of Right

Every child should enjoy their rights fully and equally, promoting inclusivity in football.

Coach



Commitment:

Promote equality and inclusivity, ensuring every child has equal access to opportunities, no matter their background.



Action:

Create an inclusive team culture, challenge discrimination and celebrate diversity.

Parent



Commitment:

Support an environment of equality and inclusivity in your child's football activities, ensuring access for all kids.



Action:

Model and advocate for inclusive behaviour and attitudes, celebrating diversity within the team and the broader football community.

Player



Right:

You have the right to be treated equally and fairly, regardless of your background or ability.



Role:

Treat everyone with respect, celebrate diversity, and stand against any form of discrimination.

RIGHT TO HEALTH



Overview of Right

Football should promote children's health and development by emphasising safe and healthy practices.

Coach



Commitment:

Promote the physical and mental well-being of your players, recognising the importance of health in their development.



Action:

Educate players on health and wellness, align to the player development stages and support a healthy team environment.

Parent



Commitment:

Prioritise your child's physical and mental well-being, recognising the importance of health in their development.



Action:

Encourage healthy lifestyle choices, recognise signs of overtraining, and support your child in managing the demands of football.

Player



Right:

You have the right to play football in a way that is healthy and safe, promoting your physical and mental well-being.



Role:

Take care of your body, speak up about any health concerns, and support your teammates in staying healthy.

RIGHT TO EDUCATION



Overview of Right

Football is a valuable tool for learning life skills and personal growth, supporting children's overall development.

Coach



Commitment:

Integrate life skills and values such as teamwork, respect and discipline into coaching, support your players' all-round development.



Action:

Use football to teach broader life lessons, emphasising the value of education and personal growth.

Parent



Commitment:

Value the educational aspects of football, including the life skills and personal values it teaches.



Action:

Help your child balance football with their studies, appreciating the overall benefits of their involvement in the sport.

Player



Right:

You have the right to learn and grow not just as a player but as a person, gaining valuable life skills through football.



Role:

Embrace the learning opportunities football offers, balancing it with your educational needs and personal growth.

RIGHT TO FAMILY ENVIRONMENT



Overview of Right

Emphasises the child's right to family care, highlighting the crucial support needed for their growth in football.

Coach



Commitment:

Work in partnership with parents, respecting their role and supporting them in creating a positive environment for their children.



Action:

Communicate effectively with parents, offer guidance on supporting their child's football journey, and respect the family's role in development.

Parent



Commitment:

Provide a supportive family environment that fosters your child's love for football and respects their rights as young players.



Action:

Actively participate in your child's football experience, offering encouragement and guidance while respecting the coach's role.

Player



Right:

You have the right to receive support and encouragement from your family, enhancing your football journey.



Role:

Communicate with your family about your football experience, sharing your successes and challenges.

RIGHT TO REST AND LEISURE



Overview of Right

Children need balance, including sufficient rest and leisure to prevent burnout and support overall well-being.

Coach



Commitment:

Recognise the importance of balance, ensuring players have enough time for rest, leisure and activities outside football.



Action:

Schedule regular breaks, avoid over-scheduling, and encourage diverse activities for a well-rounded lifestyle.

Parent



Commitment:

Ensure your child has enough time for rest and leisure activities outside football, promoting a balanced lifestyle.



Action:

Encourage downtime and other interests, helping your child maintain a healthy balance between football, school and leisure.

Player



Right:

You have the right to have enough rest and leisure time, ensuring a balanced lifestyle that includes football.



Role:

Prioritise downtime and other interests alongside football, maintaining a healthy balance in your life.

RIGHT TO PRIVACY



Overview of Right

Children's personal information and privacy should be protected in all football-related activities.

Coach



Commitment:

Protect the privacy and personal data of your players, especially regarding online and media sharing.



Action:

Get consent before sharing any player-related content online and educate players and parents on privacy and data protection.

Parent



Commitment:

Protect your child's privacy, especially when their achievements or images are shared publicly.



Action:

Be careful about sharing information or images related to your child's football activities online and teach your child about privacy rights and internet safety.

Player



Right:

You have the right to have your privacy respected, especially regarding personal information and achievements shared publicly.



Role:

Be mindful of your privacy and the privacy of others, especially when sharing content online or on social media.



Let them **play.**

