

FA Player Code of Conduct

We're here to enjoy ourselves, win, lose or draw. To help make football more enjoyable for all, I must:

- ✓ Remember that football is about enjoyment, not just winning.
- ✓ Encourage others and behave well.
- ✓ Bring a positive attitude to training and matches.
- ✓ Recognise when my teammates give respect, work together, or try their best.

We treat others as we'd like to be treated. To give respect in football, I must:

- ✓ Always use respectful language and actions.
- ✓ Not argue with the referee, coach, and officials, and accept their decisions about football and my behaviour.
- ✓ Show fair play by shaking hands with our opponents, whether we win, lose or draw.
- ✓ Tidy up after myself and take care of the facilities we use.

We embrace our differences as football is a game for everyone. To be inclusive at football, I must:

- ✓ Welcome everyone, whoever they are and whatever their background or ability.
- ✓ Involve everyone and always be kind.
- ✓ Treat everyone fairly and tell a trusted adult if this doesn't happen.
- ✓ Celebrate everyone's good play, effort and success.

We're a team, on and off the pitch. To help us bond as a team, I must:

- ✓ Be kind and encourage my teammates if they make a mistake.
- ✓ Try my best and help my team by being positive and supportive.
- ✓ Play fairly, without cheating, diving, complaining, or wasting time.
- ✓ Accept that I may not be able to play in my favourite position all the time,
- ✓ Accept that I may need to take a break to give someone else playing time.
- ✓ Recognise that if I'm the Captain, I must be a positive example for others to follow.

To help keep everyone safe, I must:

- ✓ Remember that football is about making friends, learning new skills and being active.
- ✓ Take responsibility, encourage others, and keep it positive.
- ✓ Know that I have a right:
 - to feel safe online and offline.
 - to have healthy relationships with appropriate boundaries.
 - not to feel uncomfortable or unsafe, bullied, harassed, or intimidated.
 - not to be treated unfairly.
- ✓ If this doesn't sound like your football experience, speak to an adult you trust.

If I don't live up to these standards, I understand that my Club or FA may take action.

MYFC Parent Requirements

Before sessions

- ✓ Disclose any medical information upon registration.
- ✓ Talk players through the code of conduct above.
- ✓ Supervise players closely when approaching/leaving the venue from/to the car park.

On arrival

- ✓ Ensure players enter the sports hall exactly on time, not during the hall set-up period.
(To maximise a proper welcome and proper supervision).
- ✓ Encourage players to use a designated coned-off area for their drinks/coats, etc.
- ✓ Begin a pre-determined warm-up, without being prompted by coaches.
(Ideally, this wouldn't be parent-prompted either—we're keen to promote independence.)

During sessions

- ✓ Always stay in attendance.

Ensure:

- ✓ Shin pads are worn at every session.
- ✓ Drinks are provided.
- ✓ Players don't eat whilst running or playing.
- ✓ Spectators remain in the assigned coned-off zone/don't encroach onto the training area.
(Unless asked or in an emergency.)

Consider:

- ✓ For players who wear glasses, consider contact lenses if possible.
- ✓ Or consider sports safe glasses with/without prescription lenses.
(See FA guidance below.)

Be responsible for:

- ✓ Taking players to the toilet.
- ✓ Any personal/intimate care needs, including illness or distress.
- ✓ Anything else in relation to their specific condition.
- ✓ Administering medicine such as inhalers/EPI-PENS, etc.



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Can players wear spectacles or goggles when playing football?



Flying footballs and close physical contact make football a moderate risk sport for eye injuries. Spectacles or goggles may provide protection from injury and can also be worn with those who need to wear prescription lenses.

Polycarbonate Lenses: This is the most important property of all protective spectacles or goggles. Good polycarbonate is virtually unbreakable, and will sustain the impact of a ball or finger.

Sports Band: an elasticised band and not temple pieces should secure the frame. Players must have something that will be secured tight to the head so that the spectacles or goggles won't fall off. A frame with temples will not hold tight enough and a jab from a finger could lift the frame off and potentially damage the eye.

Although sports eyewear is intended to offer the best protection available, there is always the possibility that the wearer may sustain an eye or facial injury due to severe impact or because of the nature of the athletic activity. Referees should ensure that if a request has been made to wear glasses/goggles, that they must not be a danger to himself or to any other player.

Children and grassroots football: Whilst The FA recommends Polycarbonate lenses we recognise this may be an issue for children playing in grassroots football. Therefore we encourage referees officiating in grassroots youth football to be tolerant over glasses. However the individual referee has to show concern for all those playing in that game and if s/he feels there is something dangerous in the glasses i.e. sharp edges, etc, then in order to protect players and also the wearer him/herself s/he has the authority to say the glasses can't be worn.

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