



# O.N.A.K.A.I.

## Official National Amateur Karate Association of Ireland

National Governing Body for Karate in Ireland

### CODE FOR CHILDREN, YOUNG AND VULNERABLE PEOPLE

As a child, young or vulnerable person you have a great deal to gain from karate in terms of your personal development and enjoyment and you have rights which must be respected and responsibilities which you must accept. As part of these rights your sporting environment should be safe and enjoyable. Your responsibilities are to treat others with fairness and respect whilst behaving in a safe manner. If you are not sure what this means, ask your parent or your Club Children's Officer to explain.

#### My Code of Conduct

I should:

- Be able to have fun, be happy and enjoy taking part and being involved in karate at level suitable for my age
- Be treated fairly by everyone, adults, and other youths
- Feel safe and secure when taking part in karate
- Be listened to, allowed to reply, and say No to requests that make me uncomfortable
- Be treated with dignity, sensitivity, and respect
- Have a voice in the decisions that affect me within my club and O.N.A.K.A.I.
- Be comfortable that any personal details about me are treated with confidentiality

I will:

- Be fair, respectful, and supportive of my club, coaches, friends, and other athletes
- Be always fair, do my best to achieve my goals; be gracious if I do not achieve my goals
- Understand the policies of O.N.A.K.A.I., my club and rules of karate.
- I will not cheat, hurt or bully; I will not allow others to force me to cheat, hurt or bully or encourage others to cheat, hurt or bully.
- Listen to and respect decisions made by others
- Never try or take banned substances to improve my performance
- Talk to my instructor or coach, children's officer, my parents or a trusted O.N.A.K.A.I. member if I do not understand something or if someone has caused me harm or made me feel upset or if I see someone causing harm to another member.

I have read, understood, and agree to abide by the Code of Conduct for Children and the rules for participating in O.N.A.K.A.I. and my club \_\_\_\_\_ (club name).

Signature of Child: \_\_\_\_\_ Date: \_\_\_\_\_

Please print name: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



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Please print name: \_\_\_\_\_



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O.N.A.K.A.I. Code for children and young people (under 18 years of age) ADOPTED 16.7.2021