



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

Official National Amateur Karate Association of Ireland

National Governing Body for Karate in Ireland

ATHLETE AGREEMENT

The following agreement should be signed by all Athletes, selected for National Squads, and seeking selection for EKF/WKF Events.

Where the athlete is under the age of 18 years, a parent or guardian should also sign in the appropriate place.

Introduction

O.N.A.K.A.I. is the National Governing Body for Karate in Ireland, recognised by the World Karate Federation, Sport Ireland and the Olympic Federation of Ireland, and all other bodies involved in administration of sport in Ireland.

The Aim and the Purpose of this document is to clarify the respective, shared obligations and expectations between O.N.A.K.A.I. and Athlete with the sole aim to enable the Athlete to achieve the best out of her/his potential in representation of Ireland in Karate on the world stage.

A part of the Athlete Support and Development and the Selection Programme O.N.A.K.A.I. will :

1. Dedicate team of National and Assistant Coaches in Kata and Kumite
2. Technical and strength & conditioning training and performance planning
3. Nutritional and sport psychology advice
4. Regular squad training
5. Access to coaches for feedback and support
6. Selected athletes will receive clothing and personal equipment sponsorship
7. Media support
8. Publish and maintain all relevant Policies and Procedures on their website including Selection, Appeal and Other policies as part of its overall Code of Conduct

As an Athlete you agree the following:

1. Membership

- 1.1 Be a member of a club affiliated to NGB or take individual membership of the NGB.



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- 1.2 Anyone seeking selection for EKF/WKF events must be an Irish citizen and hold an Irish passport.
- 2. Training**
 - 2.1 Athletes must undertake to train at a recognised club on a regular basis and commit to increase the training commitment as required prior to major tournaments.
 - 2.2 Attend the monthly squad training sessions as arranged by the National Coach.
 - 2.3 Coaches are responsible for all technical input relating to training and competition. Athletes are expected to fully cooperate at all times.
 - 2.4 Athletes are expected to follow the training plan as implemented by Regional and National Coaches, including nutrition and conditioning.
- 3. Competitions**
 - 3.1 Compete at the National championships.
 - 3.2 Compete at K1 events (Seniors), Youth League (Juniors) and other International tournaments as directed by the National Coach.
- 4. Anti-Doping and Medical certification**
 - 4.1 Be aware of the doping regulations pertaining to WKF and inform the National Coach if they are on prescribed medications for which they need an exemption.
 - 4.2 Undertake anti-doping testing, as directed.
 - 4.3 Undertake a medical assessment and have a certificate of fitness to train and compete.
 - 4.4 Relevant consent must be obtained where medical intervention is required. The National Coach will have a copy of each athletes Medical consent form. This will be kept confidential and the information will only be shared for the best interest of the athlete.
 - 4.5 Athletes must inform the National Coach of any special considerations or concerns regarding any injury and or undergoing treatment which may impact on athlete's training, performance and ability to compete.
- 5. Communication**
 - 5.1 Advise the National Coach if you are unable to attend the National squad training.
 - 5.2 Provide National Coach with any changes of contact details including telephone number, address and email contact.
- 6 Record Keeping**
 - 6.1 Keep a record of training on the O.N.A.K.A.I. Training Session Monitoring form.
 - 6.2 Keep a record of competitions attended and progress made using the O.N.A.K.A.I. National Athlete Tracking form.



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7 Conduct

- 7.1 As an O.N.A.K.A.I. athlete you are expected to behave in a manner that is respectful towards O.N.A.K.A.I. , its Coaches, Representatives and all other Athletes.
- 7.2 Conduct yourself in a correct and courteous manner at all tournaments attended as members of the National team.
- 7.3 Athletes are acting as ambassadors for both O.N.A.K.A.I. and Ireland when training and competing Nationally and Internationally and therefore their conduct must be respectful and courteous at all times.
- 7.4 Athletes will, at all times, adhere to the guidelines and rules as set out by the Coaches and O.N.A.K.A.I. to ensure the safety and well-being of individual Athlete and the team. Any breach of these guidelines and rules will be subject to disciplinary procedures and may lead to expulsion from future squad sessions and or competitions.
- 7.5 Inappropriate use of mobile phones.
- 7.6 Alcohol is forbidden for all under 18, and for 18+ athletes at any time during camps and 2 weeks before competitions.
- 7.7 Athletes will respect all other squad members, Coaches, officials and all attendees and organisers at any squad session/ training camp/competitions and adhere to the rules governing the facilities in which they participate.
- 7.8 Athletes must act in a sportsmanlike manner, consistent with the spirit of fair play and responsible conduct.
- 7.9 Athletes will be subject to disciplinary measures where deemed necessary.
- 7.10 All Athlete must sign this agreement and the Code of Conduct

8 Travel

- 8.1 If under 18 years, a parent/guardian must be contactable for the duration of the trip.
- 8.2 Ensure he/she has a valid Passport and obtains Passport ID card.
- 8.3 When travelling with the Team, the athlete agrees:
 - 8.3.1 To wear the O.N.A.K.A.I. team tracksuit when travelling with the team, attending team functions, and during the competition.
 - 8.3.2 To attend, on time, all scheduled team meetings, training sessions, team social events and any other activity.
 - 8.3.3 To stay at the competition site as a team member until the end of all events unless permission is granted by a member of the Coaching staff.
 - 8.3.4 To attend all team meals unless permission to do otherwise is granted by a member of the Coaching staff.
 - 8.3.5 To stay at the hotel unless permission to leave is granted by a member of the Coaching staff.
 - 8.3.6 Not to take any alcohol 2 weeks before any competition
 - 8.3.7 Follow the nutritional plan and stay within designated weight category where relevant.



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8.3.7 Abide by the laws of the host Nation.

9 Promotion and publicity

9.1 Support the National federation in its endeavour to promote Karate in Ireland.

9.2 Consent to the use of their image and its likeness by O.N.A.K.A.I in promotional and media material (including all corporate communication material, the O.N.A.K.A.I. website, social media accounts and in-house video compilations).

9.3 Complete the 'O.N.A.K.A.I. Athlete Profile Form,' and consent to the disclosure of the information contained in section 2 of the Athlete application form by means of publication in any suitable public medium.

9.4 Set up a designated Karate Social Media Profile with a view to assist promotion and marketing of You as an O.N.A.K.A.I. Athlete.

10 Funding and Sponsorship

10.1 Abide strictly by rules of funding, such as may be agreed between O.N.A.K.A.I. and an athlete from time to time.

10.2 Provide and update the National Coach with details of any Sponsorship deals attained.

11 GDPR

11.1 The Athlete acknowledges that all Personal Data (including "sensitive" personal information relating to race or ethnic origin, physical or mental health, and other matters covered by the data protection legislation) provided by him/her or gathered whilst a member of the National Squad may be stored electronically or otherwise, and processed for the purpose of and in connection with the National Squad in accordance with current data protection legislation and practices.

I have read and familiarised myself with this Athlete Agreement. I understand that acceptance of its provisions is a condition of my selection to be a member of the National Squad.

I hereby confirm the following details:

Name _____

DOB _____

Passport Number _____

Address _____



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Telephone _____

Email address _____

Next of kin _____

Medical Information (please list any medication you are regularly taking)

Club _____

Instructor _____

Style _____

Athlete

PRINT NAME _____ Signed _____ Date _____

Parent / Guardian

PRINT NAME _____ Signed _____ Date _____



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