

Player Welfare Guideline Valley Rovers Camogie Club

Purpose of this guideline is to inform all club members of VR Camogie club approach to player welfare taking into account that some of our players are playing & participating in other sports/activities outside of Camogie & playing more than one grade within the camogie club.

1. Players should train /play with their own age/group in the first instance – u12 with u12s, u14 with u14s, U16 with U16's etc.
2. Coaches/mentors over the age group of the players are responsible for managing that player's welfare in terms of sessions/games per week player is involved in.
3. Training/match sessions – The Expectation from Coaches/mentors should generally be a maximum of 2 sessions a week (e.g. 2 x training, or 1 x training & 1 x match)per player
4. Playing up with other ages/groups within the camogie club:
 - Club preference is that the player's own age group session/game should be prioritised.
 - Where a player is requested to play/train with other age groups (e.g u14 playing up to u15 or u16) then club expectation would be that the coaches/mentors requesting this will consult with player/parent and the player's coaches/mentor in the first instance having regard to the training/game commitments with their own age group.
 - Where player is playing/training with other groups, coaches/mentors are expected to consult with each other to manage and agree the number of session/games or amount of game time for that player (e.g. She plays half a match rather than a full match etc) while having regard for player welfare
 - In these cases player should be allowed to miss training with their own age in order to train with another group in the lead up to match/game for them, following which player reverts back to own age group.
 - Players generally wishing to participate in all sessions/games (more than 2 per week) are welcome to do so, however VR Camogie Club approach is that there are no expectations from the club/coaches/mentors in this regard.