

## ***Tallaght AC Advice for Parents/Guardians***

- Be familiar with the people who are coaching or managing your child
- Take an active interest in your child's participation.
- Whenever possible, attend training and competitions.
- Ensure that your child does not take unnecessary valuable items to training or competition.
- Know exactly where your child will be at all times and whom they are with.
- Inform the club/coach/team manager/adult carer/mentor, of details of next of kin, health and medical requirements, before your child goes to any "away" events and return any written forms requesting these details to the club.
- Inform your child's coach of any illness or disability that needs to be taken into consideration for athletic performance.
- Provide any necessary medication and relevant instructions that your child needs for the duration of any trips.
- Never make assumptions about your child's safety.