



“Raise The Bar” CODE OF CONDUCT FOR PARENTS / GUARDIANS

The Club operates an open viewing policy and parents are encouraged to watch the training sessions, however we would like to ask that if they are not coaching, that they remain at the side of the sports hall or in the viewing gallery, as their presence by the trampoline can often be disruptive.

The exceptions to the above are as follows:

- 1) At the discretion of the Head Coach, one appropriate adult (over 16 years old) may stay to “settle” in a new member if required for a maximum of two weeks.
- 2) At the discretion of the Head Coach, one appropriate adult (over 16 years old) may accompany a participant if the participant requires more than usual attention, e.g. young or special needs. BWL membership applies.

We also feel strongly that there should be regular communication between parents, coaches and weightlifters: whether this is to tell us if a child is ill or unable to attend sessions, or to share any concerns or complaints about any aspect of the club, or simply to enquire as to a child's progress and what they can do to develop further.

The Club has adopted the "Good Parents Guide" (see attached page) produced by the Sports Coach UK, as the Clubs Code of Conduct for Parents/Guardians.

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The Good Parents Guide

As a parent, you play an important role in promoting your child's happiness and success in sport. Your expectations have a significant bearing on your child's attitude to participation in sport.

Positive encouragement from you will contribute to them having:

- ▲ a sense of personal achievement
- ▲ an enjoyment of sport
- ▲ improved physical fitness
- ▲ higher self-esteem
- ▲ a greater level of skill.

Find out what your child wants from sport, and help set realistic targets to achieve this. This may involve controlling your own aspirations and avoiding the desire to force your own dreams or unfulfilled ambitions on them.

It is important to:

- ▲ encourage but not force your child to be active
- ▲ know when your child is ready to play
- ▲ encourage healthy lifestyle habits
- ▲ take part in home-based games
- ▲ promote and teach fair play
- ▲ help children to set realistic targets
- ▲ help children with decision-making
- ▲ set an example by being active in sport
- ▲ take children to watch competitions.

How can you help your child's coach?

There are many ways in which you can become involved in your child's sport. You may find yourself trying to juggle commitments to make time for your child's sport. Be realistic about the input you are able to make. You can:

- ▲ supply or organise transport to and from practices and competitions
- ▲ assist coaches with supervision during sessions, if asked
- ▲ become a coach or leader
- ▲ officiate games
- ▲ wash sports kit
- ▲ help out with administration
- ▲ set up a parents' committee
- ▲ assist with the organisation of special events/activities.

Working with your child's coach

It is important that you establish contact with the individual responsible for coaching your child.

- ▲ Communicate any concerns to the coach.
- ▲ Give the coach help when asked and show appreciation for a job well done.
- ▲ Refrain from contacting the coach unless it is necessary, respect they have a private life.
- ▲ Inform the coach about any illness, injury, holidays, etc.
- ▲ Make an effort to watch games.
- ▲ Make sure your child has appropriate equipment/clothing.