

Parent Code of Conduct

Code of conduct for Parents of gymnasts

Note: Where we refer to 'parents' we mean parents and carers inclusively. The term 'children' or 'child' describes any person under the age of 18.

As the parent of a young person taking part in gymnastics at Uttoxeter Gymnastics Club (UGC), we'd like you to follow this guidance for the good of everyone at the club:

The essentials

- ✓ Make sure your child has the right kit for the session as well as a drink to keep them hydrated.
- ✓ Try to make sure your child arrives to sessions on time and is picked up promptly; or let us know if you're running late or if your child is going home with someone else.
- ✓ Complete all consent, contact and medical forms and update us straight away if anything changes.
- ✓ If your child has any additional needs, medical conditions or serious allergies, please speak to your child's coach so we can make sure we keep your child safe when in the gym.
- ✓ Make sure your child arrives ready to train, including appropriate gymnastics clothing for the activity, hair tied up (if needed), jewellery removed and a full water bottle.
- ✓ Maintain an open and positive relationship with your child's coach and arrange a suitable time catch up with them if you want feedback about your child's development. Remember, when you drop your gymnast off or pick them up, most coaches will be finishing one class and starting the next, so they will not always have time to talk to you.
- ✓ Talk to us if you have any concerns about any part of your child's involvement in gymnastics at UGC - we want to hear from you.
- ✓ If your gymnast trains for longer sessions that includes a break, please ensure they have suitable snacks that will keep their energy up; things like fruit, cereal bars and sandwiches are perfect.
- ✓ Do not consume alcohol on our premises or before or during classes, competitions or when representing Uttoxeter Gymnastics Club.

Behaviour

- ✓ Try and learn about your child's involvement in gymnastics and what it means to them.
- ✓ Take the time to talk to your child about what you both want to achieve through sport.
- ✓ Remember that children get a wide range of benefits from participating in sport, especially gymnastics. They develop great life skills like making friends, getting exercise, following instruction, being brave, celebrating success and a whole range of other skills. It's not all about winning or losing.

- ✓ Listen when your child says they don't want to do something and if they are worried about anything in the gym, please contact one of our Welfare Officers who are there to help and support you all.
- ✓ Behave positively when you are watching your gymnast, either in their class or at a competition, and be respectful that it is the coach's job to coach your child – they are qualified, experienced and trained to understand how your child is developing and what they should be doing in the class.
- ✓ Don't coach your child at home or get them to practice gymnastics unless you have been asked to by a coach. You may inadvertently undo some of the good work the coach is doing in the gym, and make it harder for your child to develop and improve.
- ✓ Say "Well done" and let your children know you're proud of what they're doing, especially when they are learning or struggling with new skills or routines.
- ✓ Think about how the way you react and behave before, during and after a class or competition effects not just your child but other children and parents too. Be a positive role model for other parents and let other parents take their cues from you, as well as from us.
- ✓ Celebrate everyone's successes, not just your children.
- ✓ Encourage your child to respect and celebrate difference in the club and in their class.
- ✓ At competitions, accept the official's judgment and do not enter the competition area unless requested by a coach or official.
- ✓ Use social media responsibly when talking about what goes on at our club, by behaving in the same way online as you would in person.
- ✓ Talk to your child about embracing good etiquette and sportsmanship.
- ✓ Encourage your child to play by the rules and be safe.
- ✓ Ensure that your child understands their code of conduct
- ✓ Get involved in club or activity decisions, it's your club too.
- ✓ Make our club or activity a welcoming and friendly place to be for everyone.
- ✓ Report any incidents of bullying or poor behaviour to one of the Welfare Officers, even if you're just a witness or it is something that your children have told you. The details for the Welfare Officers can be found on the posters on the Safeguarding Notice Board.

What you can expect from Uttoxeter Gymnastics Club

As a parent of a young person taking part, we understand you have the right to:

- ✓ Be assured that your child is safeguarded during their time with us.
- ✓ See any of our policies and procedures at any time, and ask us questions if you have any.
- ✓ Know who the Welfare Officers responsible for your child are and have their contact details.
- ✓ Be involved and contribute towards decisions within the club or activity.
- ✓ Know what training and qualifications our coaches hold.
- ✓ Be informed of problems or concerns relating to your child.
- ✓ Know what happens if there's an accident or injury, be informed if your child is injured and see records of any accidents.
- ✓ Have your consent sought for anything outside of our initial consent form, such as permission to go on trips or photography
- ✓ Have any concerns about any aspect of your child's welfare listened to and responded to with professionalism, care and confidentiality.

We expect all parents to follow the behaviours and requests set out in this code. If any parent behaves in a way which contradicts any of the points set out above, we'll address the problem straight away with the parent and aim to resolve the issue.

Persistent concerns or breaches may result in parents being asked not to attend training or competitions if their attendance is considered a risk to the welfare and enjoyment of young participants.

Continued issues and repeated breaches of this code may result in us regrettably asking you or your child to leave the activity, event or club permanently, something we never want to do .