



## **CODE OF CONDUCT PARENTS**

To support the work of club coaches and officials Sussex Martlets ask that you:

- Always ensure that your child arrives for training/competitions ready to start warm up on time (5 minutes beforehand) and arrive on time to collect them at the end of training/competition. Wherever possible you should make arrangements to get there without calling upon a coach to do the job. If you do ask the coach then please make sure the club has taken the necessary requirements, i.e. a dispensation has been completed
- Discourage challenging / arguing with officials and encourage the acceptance of officials' judgements. Leave the coaching to the coaches. It is the coaches' job to offer constructive advice relating to the trampolinist's performance. It is helpful if the parents offer support and encouragement necessary to help their child feel good about themselves. Support your child's involvement and help them to enjoy their sport
- Help your child to recognise good performance, not just results. Set a good example by recognising good sportsmanship and applauding the good performances of all. Be patient with your child's progress, each one develops differently. Keep in mind that long term improvement is the goal and that later developers often succeed. Never force your child to take part in sport. Never punish or belittle a child for poor performance or making mistakes
- Always ensure your child is dressed appropriately for the activity and has plenty to drink. Ensure that your child eats and drinks well, especially prior to training and competitions. Keep the club informed if your child is ill or unable to attend sessions.
- Encourage your child to learn the rules and participate within them. Ensure that they know who the Child Welfare Officer is at the club and how they can contact them. Talk to your child and make them aware that they have the right to be protected and free from harm. Use correct and proper language at all times
- Make your child aware that if they feel they are being bullied or if they are concerned about their coach, club official or another member of the club is treating them, they can talk to their parents or the Club Welfare Officer without fear of getting into trouble. Share any concerns or complaints about any aspect of the club through the approved channels
- Endeavour to establish good communications with the club, coaches and officials for the benefit of all. Keep up to date with the parents' letters and emails and use of "Coacha". If a response is necessary make it promptly and on time
- Be prepared to remain as a spectator at events, competitions or training sessions unless formally asked to become involved by a coach or club official