



## **Reynella-Braeview School of Calisthenics Inc.**

### 1 PARENT/GUARDIAN (FAMILY MEMBER) CODE OF BEHAVIOUR

- Treat your child the same irrespective of them winning or losing.
- Remember that your child participates in the sport of calisthenics for their enjoyment not yours.
- Try to have fun when you are around your children at competitions. Well-directed humour can be a great de-stressor.
- Look relaxed, calm, and positive on the sidelines.
- Make friends with other parents both at club and at competitions.
- Get involved in appropriate ways if your child or the coach behaves in unacceptable ways during training or at competitions.
- Let the coach do the coaching.
- Understand that children will benefit from a break sometimes and that involvement in other sports is okay.
- Be there when your child performs poorly. Be an understanding listener rather than a critic, judge and/or fixer.
- Be prepared to give your child some space so that he/she can grow and develop as an independent person.
- Let your child know that your love for them is not associated with their sporting performances.
- Communicate with your child and ask them how they are really feeling about their sport and about competing.
- Occasionally let your child compete without you being there and hovering over them.
- Emphasise the good things your child did in preparing for and during the competition.

### TRY TO AVOID:

- saying “we’re competing today”. Instead say “you’re competing today”. Give your child credit for accepting the responsibility of performing.
- getting too pushy or believe that you are indispensable. Let the coach do the coaching.
- living through your child’s performances.

- turning away when your child performs.
- turning away when your child's behaviour is unsportsmanlike.
- telling your child what he/she did wrong after a tough competition.
- making enemies with your child's opponents or family during a competition.
- making your child feel guilty by reminding them about all the time, money and sacrifices you are making for his or her sport.
- thinking of your child's sporting performances as an investment for which you expect a return.
- badgering, harassing or use sarcasm to motivate your child.
- comparing your child's performances with those of other children.
- forcing your child to go to training. If they are sick of training find out why and discuss it with them.

## 2 PARTICIPANTS (ACTIVE MEMBER) CODE OF CONDUCT

- Respect the rights, dignity and worth of fellow participants, coaches, officials, and spectators.
- Refrain from conduct which could be regarded as sexual or other harassment towards fellow participants and coaches.
- Respect the talent, potential and development of fellow team members and competitors.
- Care and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- Conduct yourself in a professional manner relating to language, temper, and punctuality.
- Always maintain high personal behaviour standards.
- Abide by the rules and respect the decision of the adjudicator.
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

## 3 GENERAL CODE OF BEHAVIOUR APPLICABLE TO ALL CLUB MEMBERS IN ADDITION TO ANY OTHER SPECIFIC CODE OF BEHAVIOUR

- Respect the rights dignity and worth of others.
- Be fair, considerate, and honest in all dealings with others.
- Be professional in and accept responsibility for your actions.

- Make a commitment to providing quality service.
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
- Be aware of, and maintain an uncompromising adherence to Club standards, rules, regulations, and policies.
- Operate within the rules of the Club including policies and guidelines which govern it.
- Understand your responsibility if you breach or are aware of any breaches of this Code of Behaviour.
- Do not use your involvement with the Club to promote your own beliefs, behaviours, or practices where these are inconsistent with those of the Club.
- Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment towards, or discrimination, of others.
- Provide a safe environment for the conduct of the activity.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model.

## 4 CLUB RULES

We hope you understand that our Club operates under certain rules.

- Each participating member is an Active member of the Club. Registration, Tuition and Costume Fees are payable.
- For Active members under 18 years of age the parent/guardian whose name appears on the annual Club Registration form becomes a Family Member of the Club.
- For a Family member, the Fees payable equals the sum of the fees for each Active member in their family under 18 years of age
- All fees will be paid in a timely manner as determined by the Club
- You will abide by any Registration Terms & Conditions
- You will abide by the Club's Constitution, rules, policies, committee decisions and the codes of conduct.
- The Club enforces the above Codes.