

# Parents Code of Conduct

We believe that youth sport should be an activity that emphasizes participation in developmentally appropriate physical activity providing opportunities for the development of sportsmanship and a healthy lifestyle. We also believe that the highest potential of youth sport is achieved when parents consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and beliefs while remaining committed to the ideal of creating a healthy sport experience for children. Finally, we believe that sincere and good faith efforts to honor the words and spirit of these values and beliefs will improve the quality of the programs and the well-being of your children.

Below you will find critical information that we would suggest you consider including in your own parent code of conduct. We would encourage that the code of conduct be a condition of participation, signed at the commencement of the season and referred to on a regular basis throughout the season. We believe it to be vitally important that parents who are involved in youth sport understand and commit to the following guidelines:

## General Information

- Recognize that it is the child's youth sport experience and that it is his/her choice to participate.
- Remember that children take part in organized sport for their own fun and enjoyment, not to offer an opportunity for parents' to relive their sporting past through their experiences.
- Share in your child's triumphs and disappointments.
- Express interest, encouragement, and support for your child, but let them make their own decisions regarding sport participation.
- Ensure that your child's youth sport experience is based on fun, learning, and enjoyment rather than winning.
- Check your child's equipment to ensure their safety and appropriateness for the child's age and ability.
- Share your child with the coach during practice and games by allowing the coach to instruct your child without interference or interruption.
- Abide by the rules of the organization at all times.
- Refrain from profanity, disrespectful conduct, and the use of tobacco or alcohol in front of children.
- Be a positive role model for your child.
- Strive to increase your sports parenting skills by attending clinics offered by your organization.
- Demonstrate concern for your child and encourage him/her to seek your advice.
- Learn the rules of the game or sport.
- Assure your children that your love is not dependant upon their performance in practice and games.



## **Sportsmanship**

- Recognize the value and importance of coaches, referees, and officials. Respect them by communicating effectively and trusting them to provide a healthy sport experience for your child.
- Treat all people with respect at all times and require the same of your child's behavior.
- Be respectful when cheering. Be gracious in your child's victory and accept his/her defeat with dignity.
- Discourage taunting, trash talking, boastful celebrations and other actions that demean individuals or the sport.
- Do not complain about or argue with officials' calls or decisions during or after an athletic event. Not only does this disrespect the official, but it also embarrasses your child.
- Use positive parenting methods to create an enjoyable sport experience, increase your child's self-esteem, and increase his/her appreciation of the sport.
- Refrain from physical or psychological intimidation, verbal abuse, and conduct demeaning of others.
- Maintain an appropriate relationship with coaches. Respect the coach-player and coach-parent boundaries. Sexual or romantic contact with coaches should be avoided.
- Remember that at times parents need to take a time-out, too. If you find yourself in violation of this code of conduct, take a moment away from the game to compose yourself before returning.
- Communicate effectively with your child's coach.
- Teach children that participation in youth sport is a privilege, not a right, and that they are expected to represent their team and family with honor regardless of whether they are on or off the field.

## **Healthy Lifestyle**

- Enthusiastically encourage and advocate participation for your children.
- Emphasize the overall benefits of physical activity involvement and encourage physical activity whenever possible.
- Help your child make healthy choices regarding his/her nutrition, especially when eating out.
- Provide healthy snacks, meals, and beverages to ensure that your children have easy access to healthy foods.
- Set a good example for children by Teaching, Enforcing, Advocating, and Modeling (T.E.A.M.) appropriate behaviors to promote a healthy lifestyle.
- Communicate effectively with your child about the healthy lifestyles issues he/she faces.
- Educate children about the dangers of unhealthy substances. Prohibit the use of illegal or unhealthy substances including alcohol, tobacco, and recreational or performance-enhancing drugs.
- Be aware of the healthy lifestyles issues that your children might be facing. Guide your children in making informed decisions about healthy lifestyle issues.
- Use the T.E.A.M. approach to safeguard your child's health and discourage the use of illegal or unhealthy substances.
- Consistently strive to create a healthy sport experience for your child.

