



CODE OF EXPECTATIONS FOR PARENTS & GUARDIANS

WESTERN LAKES CYCLING CLUB (WLCC) is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents/guardians associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, parents/guardians and members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Siobhan O'Malley, Club Safeguarding Officer.

Sports clubs for young people should offer a positive experience where they can learn new things in a safe and positive environment.

As a parent/guardian of a youth member of WLCC, you are expected to abide by the following guidelines:

PARENTS/GUARDIANS ARE EXPECTED TO:

- Positively reinforce their child/young person and show an interest in their chosen activity. Support your child's involvement and help them to enjoy their sport.
- Do not place their young person under pressure or push them into activities they do not want to do.
- Complete and return the Health & Consent Form pertaining to their child's participation with WLCC.
- Deliver and collect the child punctually to and from coaching sessions.
- Coaching sessions are very busy, with multiple activities ongoing simultaneously. Parents must supervise other siblings at all times, ensuring they do not get caught up in the activities.
- Ensure their child is properly and adequately attired for the weather conditions of the time, including rain gear, high-visibility clothing, gloves, water bottles, sun cream etc.
- Ensure that their child's bicycle is properly maintained, with appropriate lights for the conditions and helmet is properly fitted and worn at **ALL** times in accordance with Health and Safety Regulations. Any child not in possession of the fundamental requirements will not be permitted to participate.
- Detail any health concerns pertaining to the child on the consent form, in particular breathing or chest conditions. Any changes in the state of the child's health should be reported to the coach prior to coaching sessions.
- To inform the coach prior to departure from the training location if child is to be collected early from a coaching session.
- Encourage their child to play by the rules and teach them that they can only do their best. Help your child to recognise good performance, not just results.
- Set a good example by recognising fair play and applauding good performances of all.
- Behave responsibly; do not embarrass your child.



- Never punish or belittle a child for losing or making mistakes.
- Use correct and proper language at all times.
- Encourage and guide their child to accept responsibility for their own performance and behaviour.
- Show appreciation and support the coach.
- Ensure their child is punctual.
- Be realistic and supportive.
- Ensure their child's hygiene and nutritional needs are met.
- Accept the official's judgement.
- Acknowledge the importance and role of the club coaches who provide their time free to ensure children's participation in the club.
- Promote their child's participation in sport for **fun**.

PARENTS/GUARDIANS HAVE THE RIGHT TO:

- Know their child is safe.
- Be informed of problems or concerns relating to their children.
- Be informed if their child is injured.
- Have their consent sought for issues such as trips.
- Contribute to decisions within the club.
- Complain if they have concerns about the standard of coaching.

Any misdemeanours and breach of this Code of Conduct will be dealt with immediately by a club official. Persistent concerns or breaches will result in the parent/guardian being asked not to attend if their attendance is detrimental to the child's welfare.

The ultimate action should a parent/guardian continue to breach the code of behaviour may mean the WLCC officials regrettably asking the child to leave the club.

Signature of Parent/Guardian

Printed name of Parent/Guardian

Date