

LSC CODE OF CONDUCT FOR PARENTS

Parents are expected to:

1. Complete and return the Medical Information Form as requested by the club and detail any health conditions / concerns relevant to your child on the consent form. Any changes in the state of your child's health should be reported to the coach prior to coaching sessions. Ensure the club has up to date contact details for you and any alternative person.
2. Deliver and collect your child punctually to and from coaching sessions/swim meets. Please inform a member of the committee or coaching staff if there is an unavoidable problem. If the club changes your child's lane and changing times, please remember the change is to provide appropriate levels of training and enable your child to progress and should be facilitated and encouraged at all times.
3. Ensure your child is properly and adequately attired for the training session/events including all required equipment, i.e. hats, goggles etc.
4. Inform the Coach/Welfare Officer before a session if your child is to be collected early from a coaching session/meet and if so by whom.
5. Encourage your child to obey rules and teach them that they can only do their best.
6. Behave responsibly as a spectator at training/meets and treat swimmers, coaches, committee members and parents of yours and other clubs with due respect meeting the ASA commitment to equality.
7. Ensure you do not use inappropriate language within the club environment.
8. Show appreciation and support your child and all the team members.
9. Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the club coach.
10. Support the club coach and committee appropriately and raise any concerns you have in an appropriate manner. Details of the club Welfare Officer can be found on the club website and in the club handbook.
11. Do not enter poolside unless requested to do so or in an emergency. If you wish to have a discussion with the head or squad coach please see them after your child's session or contact them by email (details in our monthly newsletter) or via our Help Desk.
12. Most of all help your child enjoy the sport and achieve to the best of their ability.

The club will undertake to:

1. Inform you at once if your child is ill and ensure their wellbeing until you are able to collect him/her.
2. Ensure good child safeguarding guidelines are followed at all times to keep your child safe.
3. Ensure all activities are properly supervised/taught/coached and consent is obtained for any activity outside of that previously agreed.

The parent has a right to:

1. Make a complaint to the club if they feel the club or a member of the club is not acting appropriate to ASA/club rules and regulations. Details of how to do this can be obtained from the club Welfare Officer.
2. Make a complaint on behalf of their child to the ASA Office of Judicial Administration.

In addition we hope all parents will:

- Remember that children are involved in swimming for *their* enjoyment and achievement, not yours!
- Encourage good sportsmanship.
- Praise good behaviour to show that you value it.
- Always look for achievement to praise, however small. Remember, getting a personal best is just as big an achievement as a gold medal.
- Never force your child/ren to take part in sport.
- Never punish or belittle a child for what you perceive as poor performance.
- Be realistic about your child/ren's ability. Do not over-expect as much harm can be done when children consistently fall short of their parents' expectations.
- Remember, children can have 'off days' and do not mean to make mistakes.
- Be helpful to your child, but do not coach them. The coaches are there to coach – they have experience and specialist knowledge, lane helpers are working under the direction of the qualified coaches.
- Encourage and guide your child/ren to accept responsibility for their own performance and behaviour as set out in the LSC Teamship Rules and Code of Conduct for Swimmers.