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## **Australian Calisthenic Federation Member Protection Policy**

### **Attachment D6: Parent/Guardian Code of Behaviour**

In addition to the General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by ACF, a Member State or an Affiliated Club and in your role as a parent/guardian of a participants of ACF, a Member State or an Affiliated Club:

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

15. 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.

I \_\_\_\_\_ [parent name] agree to comply with the  
ACF Member Protection Policy: General Code of Behaviour and  
Parent/Guardian Code of Behaviour.

\_\_\_\_\_  
Signed

Date:            /            /