

## ATTACHMENT NO 2

### Codes of Behaviour

#### 1) Parents –

A child's basic training in good sportsmanship comes from the home!

- ✓ If children are interested, you should encourage them to participate. However, if your child is not willing, do not force him or her
- ✓ You should Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/her ability by reducing that emphasis on winning.
- ✓ You should teach your child that honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.
- ✓ You should encourage your child to always participate according to the rules.
- ✓ You should never ridicule or yell at your child for making a mistake or losing a competition.
- ✓ You should Remember children are involved in organized sports for their enjoyment not yours.
- ✓ You should Remember that children learn best by example, applaud good performances by all athletes.
- ✓ If you disagree with an official, you should raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- ✓ You should Support all efforts to remove verbal and physical abuse from children's sporting activities.
- ✓ You should recognise the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for your child.

#### 2) Athletes –

It isn't whether you win or lose, but how you play the game!

- ✓ You should Compete and train for the "fun of it", not just to please your parents or coach.
- ✓ You should play by the rules.
- ✓ You should never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions.
- ✓ You should Control your temper – no 'mouthing off', breaking equipment, throwing implements or other equipment.
- ✓ You should Work equally for yourself and your team in relay and team events, your teams' performance will benefit and so will your own.
- ✓ You should be a good sport. Cheer all good performances, whether your Centre mates or your opponents.
- ✓ You should treat all athletes as you would like to be treated. Don't interfere with, bully or take unfair advantage of any athlete.
- ✓ You should Remember that the goal of training or competition is to have fun, improve your skills and feel good.
- ✓ Don't be a show-off or brag about your own performances.
- ✓ You should Co-operate with your coach, Centre mates and opponents, for without them you don't have competition.

### 3) Coaches –

The best coaches are more interested in their athlete's well being than whether they win or lose!

- ✓ You should be reasonable in your demands on the young athletes' time, energy and enthusiasm. Remember that they have other interests.
- ✓ You should teach your athletes that rules of the sport are mutual which no one should evade or break.
- ✓ When coaching, you should group athletes according to age, height, skill and physical maturity whenever possible.
- ✓ You should avoid over- attention to the talented athletes. The "just-average" athletes need and deserve equal time.
- ✓ You should remember that children compete for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing in a competition.
- ✓ You should ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- ✓ The scheduling and length of coaching practice times and competitions should take into consideration the maturity level of the children.
- ✓ You should develop each athlete's respect for the ability of opponents, as well as for the judgement of officials and opposing athletes.
- ✓ You should follow the advice of a sports medicine physician when determining when an injured athlete is ready to compete or practice again.
- ✓ You should remember that children need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
- ✓ You should make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of children.