

Code of Conduct for Parents and Carers

Scottish Rowing recognise the vital role that parents and carers play in our sport. We know that young athletes perform at their best and enjoy their sport more when they have the backing of supportive family members. It can, however, be easy for parents and carers to get caught up in the behaviour from the side line which can then detract from a young person's positive experience. As such all parents and carers are asked to abide by the following code of conduct:

- Demonstrate respectful behaviour at all times. Children often copy what they see so please give them something positive to copy.
- Encourage your child to learn the rules of the sport and play within them at all times.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport. Sport should be fun, and your child will only continue to progress if they genuinely enjoy taking part.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and appropriate language at all times.
- In order to ensure that staff can best support your child, please feel able to share any relevant information about matters affecting your child's wellbeing (e.g. medical conditions, additional support needs, allergies, worries at school, family bereavement etc) with coaches and club officials as appropriate.
- We all want the children to get the most from their sport session, and although it is tempting to give your input, we feel it is confusing for a child to receive technical advice from the parent as well as the coach during events. A few words of encouragement are fine.
- Make Rowing fun. The more fun your child is having, the more they will learn and the better they will perform.

Scottish Rowing reserve the right to ask any parent or carer to leave a training session or event if they are in breach of any aspect of this code of conduct.