

**MIGUEL NERY
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**DESPORTO
SEM**

bullying



**DEIXA-ME
EM PAZ!**

**CODE OF CONDUCT
PARENTS AND LEGAL GUARDIANS**



CODE OF CONDUCT FOR PARENTS AND LEGAL GUARDIANS

Sports clubs should be able to offer positive experiences to young athletes, by ensuring a secure space for different types of learning and healthy development.

Parents' duties

Role model

- To be a role model in behaviour towards the interaction with other children, parents, members of the club and activity organizers
- Be a good example in applauding everyone's positive achievements. Encourage mutual respect between colleagues and opponents.

General Rules and Relationship with the club's resources

- To be responsible and not to affect any activities in a negative fashion
- To be punctual when dropping off or picking up your child from the club, in training, competitive or other leisure activities
- Ensure that your son is adequately equipped for sports practices. Failing to fulfill the minimum requirements might be a motive for the non-participation in sporting activities
- Make sure your child is punctual
- Accept official regulations and refrain from entering the training/game area
- Have sports insurance made for your child, sign the Terms of Informed Parental Consent and adhere to the club's regulations and Codes of Conduct.

Relationship with the athletes

- Never intentionally expose a young athlete to shame through sarcastic comments
- Encourage your son to follow the rules and to be a good companion; teach him that honest behaviour is as important as winning
- Positively reinforce your child and show interest in the activity he chooses
- Don't ever place your child under pressure or push him towards activities he is not interested in
- Ensure your child wears clothing adequate to the weather conditions
- Encourage your child to play by the rules, emphasize fair play and teach him his best is everything he can do.
- Make sure your child understands his code of conduct
- Act adequately as a viewer (during training, competition or other club activities). Do not embarrass your child
- Be realistic and support your child in his/her sporting life
- Make sure your child has the necessary equipment to take a shower and take care of his hygiene, as well as adequate nutritive meals.
- Promote your child's participation in sports as a means of amusement

Relationship with staff members

- Always acknowledge the value and importance of the club's staff and the recreational opportunities they provide for your child. Do not publicly question the honesty of referees, coaches, event organizers - respect them, as well as the rest of the athletes involved.
- Provide a detailed description of any of your child's possible health issues when filling out the Terms of Informed Consent. Any changes in such matters (as well as any medical procedures/treatments in recent past or nearing future) should be reported to the club's staff.

- If you have to pick up your child earlier than the agreed upon time, warn the coach or any staff member
- Show kindness and support the coach

Disruptive behaviours

Parents should try hard to prevent/confront bullying. Read your club's policy on the matter.

- 1- I will respect my club's rules and procedures
- 2- I will respect my child's colleagues, coaches, referees, management, parents and athletes of all clubs and teams. I will encourage my child to respect them as well.
- 3- I will encourage everyone to applaud positive performances, be it my child's, his colleagues', his opponents' or adults'.
- 4- I will respect my child's coach and support his efforts
- 5- I will respect the referees and their authority
- 6- I will not threaten or show abusive behaviour, or use inappropriate language

Parent rights

Safety

- To have my child's safety during all club's activities guaranteed

Communication

- To be informed of any problems or concerns regarding my child
- To be informed in case my child is injured
- To be asked permission for matters such as photographs, travels, etc.

Participation

- To contribute for decisions inside the club
- To be heard when concerned with my child's well being.

Final Notes

Breaches in this code of conduct will be analysed by club management, and acted upon accordingly. Repeated infractions of this code of conduct might result in a ban from attending games, training sessions or team events, in case your presence, due to inadequate behaviour, is deemed noxious for young athletes.

If parents insist on breaking these rules, as an extraordinary measure, the young athlete might be asked to remove himself from the training session, competition or any other ongoing activities at the club.

Legal guardian's name:

Legal guardian's contact information:

Legal guardian's signature:

Date:



