



## Harlow Penguins – Parent Code of Conduct

### Parents Code of Conduct

1. Provide a model of good sports behavior for your swimmers.
2. Allow your swimmers to enjoy their sport in a friendly, safe and respectful environment.
3. Support your swimmers by helping them to arrive on time for training.
4. Encourage your swimmers' independence by making them responsible for bringing and looking after their equipment.
5. Support your swimmers by encouraging them to have a healthy diet and enough sleep.
6. Be friendly to all new swimmers and parents, encouraging them with their involvement in the club.
7. If and when possible, support the club by taking your turn at time keeping, fund raising, and other club / committee activities.
8. Please read the club website and boards for important information about coming events, changes to training times and location. If in doubt liaise with either a club coach or a member of the committee to clarify any question.
9. Please pay swim fees, meet entries, and all other payments at the required time. If there is a problem with payments, please speak to the Membership Desk in confidence.
10. The Head Coach must be notified in writing prior to a swimmer taking part in any external competition or training facility not organised by the club, so that consent can be given.

### At Training

11. Parents are welcomed to stay for the duration of training. However, to minimise poolside noise and distraction, parents are asked not to stay on poolside once swimmers are attired and training has begun.
12. Parents are reminded that during training sessions the Coach must concentrate on the swimmers. If parents have questions for the Coach about their individual swimmers, they can arrange a mutually convenient time to speak outside of training times. General information is published regularly on the website, and the club will endeavor to hold regular parents' information sessions throughout the year, when deemed necessary by either the coaching team or the Executive Committee.
13. During training parents are asked to leave the coaching, management and constructive criticisms of swimmers to the Coach, and / or Club officials as appropriate.

### At Competitions

14. Please cheer for your swimmers and all the other swimmers in the club. However, calling out to the swimmers while they are on the blocks focused for their races, distracts both swimmers and officials.
15. Please do not ask time keepers for your child's times immediately after a race. Times are collated and published as soon as possible after each event / meet.
16. Please accept the officials' decision on your child's swim, and discuss any concerns you have about a decision privately with the Coach at the conclusion of the meet.
17. All necessary information for new swimmers/parents is available on the club website.

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Having read and understood the above Harlow Penguins Swimming Club Code of Conduct, I agree and comply as a member in good standing. (parents)

<b>Member's Name:</b>		
<b>Member's Signature:</b>		<b>Date:</b>