



## Grangemouth Triathlon Club

### Parents' Charter

- Respect the rights, dignity and worth of every person, within the context of the sport.
- Treat everyone equally and sensitively, and do not discriminate on the grounds of age, gender, ethnic origin, religion, sexual orientation or disability.
- Encourage your child to learn the British Triathlon rules and compete within them.
- Teach your child to respect the event officials Publicly accept officials' judgements and abide by their instructions, providing they do not contradict the spirit of this code.
- Help your child to recognise good performance, not just results, to avoid undue disappointment.
- Never punish or belittle a child for losing or making mistakes.
- Support your child's involvement and help them to enjoy their sport.
- Remember that the aim of the sport is for the children to have fun, improve and feel good.
- Set a good example by applauding all good performance, whether by your child or another.
- Use correct and proper language at all times.
- Remember that young people learn best by example.
- Recognise the value and importance of volunteers, coaches, officials and event organisers - it is their time and dedication that keeps the sport alive.
- Young people are involved in organised sport for their enjoyment, not yours, so do not force a child to take part.
- Deliver and collect your child punctually before and after training sessions.
- Ensure your child has appropriate clothing and kit appropriate to weather conditions.
- Inform the club of any relevant medical concerns or conditions pertaining to their child.
- Any changes in the state of the child's health should be reported to a coach prior to taking part in training sessions.
- If your child is injured or unwell during training, you will be expected to collect them from training sessions. Please ensure your contact details are up to date.
- Please do not bring your child to training sessions if they are unable to participate as the coaches will not be able to supervise them.