

# ESSA Parent/Guardian Code of Conduct

Parent and guardian support is critical to the success of ESSA's athletes and the club in general. It is essential that as a parent/guardian you understand your role in the organization and how your actions (positive or negative) reflect on ESSA, and the sport of speed skating. The code of conduct is intended to guide parents/guardians with your decision making with respect to the sport and the club. It is important that all parents/guardians strive to abide by the code. If you have questions regarding the code you should contact your group parent representative.

## As an ESSA Parent/Guardian I Agree To...

### General Behavior

1. Always treat all coaches, administrators, volunteers, officials and athletes with respect.
2. Assume majority responsibility for my child's on ice conduct and attitude. I may be approached by coaching staff or the club executive if my child's behaviour is not in line with the Athlete Code of Conduct.
3. Consistently display high personal standards and project a favorable image of the sport.
  - a) Refrain from public criticism of athletes, coaches or officials.
  - b) Refrain from the use of profane, insulting, harassing or otherwise offensive language.
4. Emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork and offer praise for competing fairly, participation, and skill development.
5. Refrain from activities that shine a negative light on myself, the club, or the sport.
6. Never provide or advocate the use of performance enhancing drugs or substances.

### Training & Development

1. Encourage my child to maintain a healthy balance between speed skating and life.
2. Set high, but reasonable expectations for my child, focusing on development and enjoyment for my child.
3. Celebrate my child's skill development and goal achievement.
4. Acknowledge that I along with coaches are considered members of a team whose main concern is my child's progress and development. I shall respect that the coach is responsible and empowered for the on-ice development of the athlete. My role shall be to take a healthy interest in my child's progress and development and be responsible for my child's nutrition, rest, overall health, life-balance, and moral and emotional support.
5. Ensure my child arrives on time for training sessions and is prepared to participate fully.
6. Ensure my child wears proper clothing and safety equipment.

### Competition

1. Ensure my child is aware of race schedules. I will encourage them to become self sufficient with respect to race preparation and punctuality.
2. Teach my child to respect the decisions of officials even if we disagree with them.
3. Unconditionally support my child through their successes and failures.
4. Encourage my child to put forth their best effort in every race.
5. Show support for all ESSA athletes, and celebrate the results of all athletes in the competition.

Parent/Guardian Name(s) (please print): \_\_\_\_\_

Parent/Guardian Signature: x \_\_\_\_\_

Parent/Guardian Signature: x \_\_\_\_\_

Date: