

# Parents/Carers: Code of Conduct

British Weight Lifting fully appreciates and understands the importance of the support that parents, carers and spectators have upon the performance and confidence of young people and therefore it would be appreciated if all parents/carers could endeavour to meet these following behavioural requirements when at a competition or training session. It is understood that there will be consequences for those who behave in an unacceptable manor - please refer to the end of document.

## Parents are expected to:

- Support your child/young person and show an interest in them
- Never place the young person under pressure or push them into activities they do not want to do, respect their own choices and decisions
- Applaud and reward both effort and success of all children/young person involved.
- Complete the required consent forms
- Deliver and collect your child punctually to and from coaching sessions. Please inform the coach if there will be another adult collecting your child from the session to ensure their safety.
- Behave responsibly whilst watching, do not embarrass your child or make abusive or offending comments about the coaching or organisation of the session, other lifter or their parents.
- Always treat your child or any other child with dignity and respect
- Never confuse your child by instructing them, allow the coach/organiser to remain in control during competition/training session
- Be realistic and supportive
- Ensure your child's hygiene and nutritional needs are met
- Ensure that both your child and you are familiar with the British Weight Lifting's social media guidance policy
- Ensure your child is properly and adequately dressed.
- Ensure that proper footwear is worn.
- Accept and respect the official's decisions
- Acknowledge the importance and role of the club coaches / organisers who provide their time to ensure children's participation in Weight Lifting
- Promote your child's participation in Weightlifting for fun

## Parents/Carers have the right to:

- Know your child is safe
- Be informed of problems or concerns relating to your child
- Be informed if your child is injured
- Raise concerns in an appropriate way

This code is in place to ensure the safety of both the individual and anyone they come in to contact with. If at any time you have any concerns regarding the safety of any individual you should contact your Club's Welfare Officer or you can contact the Lead Safeguarding Officer at British Weight Lifting, whose details are available on British Weight Lifting Website: [www.britishweightlifting.org](http://www.britishweightlifting.org)

**All reports of misconduct will be taken very seriously and dealt with appropriately which may result in dismissal from the club or sport.**



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