



# CODES OF BEHAVIOUR

## **GENERAL CODE OF BEHAVIOUR**

As a person required to comply with this Policy, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Roselind Calisthenics, CVI or ACF:

1. Respect the rights dignity and worth of others
2. Be fair, considerate and honest in all dealing with others
3. Be professional in, and accept responsibility for your actions
4. Make a commitment to providing quality service
5. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example
6. Be aware of, and maintain an uncompromising adherence to Roselind Calisthenics standards, rules, regulations and policies
7. Operate within the rules of Calisthenics
8. Understand your responsibility if you breach, or are aware of any breaches of this Code of Behaviour
9. Do not use your involvement with Roselind Calisthenics to promote your own beliefs, behaviours or practices where these are inconsistent with those of Roselind Calisthenics
10. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible
11. Refrain from any form of abuse towards others
12. Refrain from any form of harassment towards, or discrimination of, others
13. Provide a safe environment for the conduct of the activity
14. Show concern and caution towards others who may be sick or injured
15. Be a positive role model.

## **PARTICIPANT CODE OF BEHAVIOUR**

In addition to the General Code of Behaviour, as a participant you must:

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Refrain from conduct which could be regarded as sexual or other harassment towards fellow participants and coaches.
3. Respect the talent, potential and development of fellow team members and competitors.
4. Care and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the adjudicator.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
10. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

## **PARENT/GUARDIAN CODE OF BEHAVIOUR**

In addition to the General Code of Behaviour, as a parent/guardian you must:

1. Treat your child the same irrespective of them winning or losing.
2. Remember that your child participates in the sport of calisthenics for their enjoyment not yours.
3. Try to have fun when you are around your children at competitions. Well-directed humour can be a great de-stressor.
4. Look relaxed, calm and positive on the sidelines.
5. Make friends with other parents at competitions.
6. Get involved in appropriate ways if your child or the coach behaves in unacceptable ways during competitions.
7. Let the coach do the coaching.
8. Understand that children will benefit from a break sometimes and that involvement in other sports is okay.
9. Be there when your child performs poorly. Be an understanding listener rather than a critic, judge and/or fixer.
10. Be prepared to give your child some space so that he/she can grow and develop as an independent person.
11. Let your child know that your love for them is not associated with their sporting performances.
12. Communicate with your child and ask them how they are really feeling about their sport and about competing in particular.
13. Occasionally let your child compete without you being there and hovering over them.
14. Emphasise the good things your child did in preparing for and during the competition.
15. Try to avoid:
  - saying “we’re competing today”. Instead say “you’re competing today” - give your child credit for accepting the responsibility of performing;
  - getting too pushy or believe that you are indispensable. Let the coach do the coaching;
  - living through your child’s performances;
  - turning away when your child performs;
  - turning away when your child’s behaviour is unsportsmanlike;
  - telling your child what he/she did wrong after a tough competition;
  - making enemies with your child’s opponents or family during a competition;
  - making your child feel guilty by reminding them about all the time, money and sacrifices you are making for his or her sport;
  - thinking of your child’s sporting performances as an investment for which you expect a return;
  - badgering, harassing or use sarcasm to motivate your child;
  - comparing your child’s performances with those of other children;
  - forcing your child to go to training. If they are sick of training find out why and discuss it with them

## **ADMINISTRATOR CODE OF BEHAVIOUR**

In addition to the General Code of Behaviour, as an administrator you must:

1. Be fair, considerate and honest in all dealing with others
2. Be professional in, and accept responsibility for your actions
3. Your language, presentation, manners and punctuality should reflect high standards
4. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example
5. Resolve conflicts fairly and promptly through established procedures
6. Maintain strict impartiality
7. Maintain a safe environment for you and others
8. Be aware of your legal responsibilities
9. Be a positive role model for others

## **COACH CODE OF BEHAVIOUR**

In addition to the General Code of Behaviour, as a coach you must:

1. Treat all participants with respect at all times and be honest and consistent with them
2. Honour all promises and commitments, both verbal and written
3. Provide feedback to participants in a caring sensitive manner to their needs
4. Avoid overly negative feedback
5. Recognise participants' rights to consult with other coaches and advisers
6. Cooperate fully with other specialists
7. Treat all participants fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions
8. Encourage and facilitate participants' independence and responsibility for their own behaviour, performance, decisions and actions
9. Involve the participants in decisions that affect them
10. Determine, in consultation with participants and others, what information is confidential and respect that confidentiality
11. Encourage a climate of mutual support among your participants
12. Encourage participants to respect one another and to expect respect for their worth as individuals regardless of their level of play
13. At all times use appropriate training methods which in the long term will benefit the participants and avoid those which could be harmful
14. Ensure that the tasks/training set are suitable for age, experience, ability and physical and psychological conditions of the participants
15. Be acutely aware of the power that you as a coach develop with your participants in the coaching relationship and avoid any sexual intimacy with participants that could develop as a result
16. Avoid situations with your participants that could be construed as compromising
17. Actively discourage the use of performance enhancing drugs, the use of alcohol and tobacco and illegal substance
18. Respect the fact that your goal as a coach for the participant may not always be the same as that of the participant
19. Aim for excellence based upon realistic goals and due consideration for the participant's growth and development
20. Recognise individual differences in participants and always think of the participant's long-term best interests
21. Set challenges for each participant which are both achievable and motivating
22. At all times act as a role model that promotes the positive aspects of sport and of calisthenics by maintaining the highest standards of personal conduct and projecting a favourable image of the sport of calisthenics and of coaching at all times
23. Do not exploit any coaching relationship to further personal, political, or business interests at the expense of the best interest of your participants
24. Encourage participants and coaches to develop and maintain integrity in their relationship with others
25. Respect other coaches and always act in a manner characterised by courtesy and good faith
26. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules
27. Know and abide by the rules, policies and standards, and encourage participants to do likewise
28. Accept both the letter and the spirit of the rules, and be honest and ensure that qualifications are not misrepresented
29. Be open to other people's opinion and willing to continually learn and develop
30. Do not criticize the performance and/or appearance of other participants/coaches or official either verbally or through electronic media.

### **CONSEQUENCES FOR BREACH OF THE CODE OF BEHAVIOUR**

The Executive Committee in consultation with the Principal Coach and the Team Coach reserve the right to discipline any person in breach of this Code of Behaviour in a manner which they deem is appropriate and fair, or at a future time that is agreed upon. Breaches of the Code of Behaviour will be dealt with on an individual basis.

Breaches of this Code of Behaviour may result in the following consequences:

- Verbal warning
- Written warning
- Removal from the team
- Removal from the club