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**Policy Title: Parent/Guardian Code of Conduct Policy**

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In addition to the General Code of Conduct, you must meet the following requirements regarding your conduct during any activity held or sanctioned by ACF, a Member State or an Affiliated Club and in your role as a parent/guardian of a participant of ACF, a Member State or an Affiliated Club:

- Treat your child the same irrespective of them winning or losing
- Remember that your child participates in the sport of calisthenics for their enjoyment not yours
- Try to have fun when you are around your children at competitions. Well-directed humour can be a great de-stressor
- Look relaxed, calm, and positive on the sidelines
- Make friends with other parents at competitions
- Get involved in appropriate ways if your child or the coach behaves in unacceptable ways during competitions
- **Let the coach do the coaching**
- Understand that children will benefit from a break sometimes and that involvement in other sports is okay
- Be there when your child performs poorly. Be an understanding listener rather than a critic, judge and/or fixer
- Be prepared to give your child some space so that he/she can grow and develop as an independent person
- Let your child know that your love for them is not associated with their sporting performances
- Communicate with your child and ask them how they are really feeling about their sport and about competing
- Occasionally let your child compete without you being there and hovering over them
- Emphasise the good things your child did in preparing for and during the competition
- Ensure that where a one on one class (solo/duo) has been booked, that you accompany your child in that class

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