



North Peace Gymnastics Association Parent Code of Conduct

Introduction

- Purpose:
 - The Parent Code of Conduct is designed to foster a positive, supportive environment that promotes the growth, development, and enjoyment of all gymnasts. By adhering to these guidelines, parents play a crucial role in ensuring that their children, along with their teammates, can train and compete in a respectful and encouraging atmosphere.
- Commitment:
 - North Peace Gymnastics Association is committed to providing a safe and respectful environment for all gymnasts, coaches, and families. This Code of Conduct outlines the expectations for parent behavior to ensure that all interactions are conducted with integrity, fairness, and respect. We believe that parents are partners in their children's athletic journey, and their conduct should reflect the values of the club.
- Expectations:
 - As a parent, you are expected to support your child, the coaches, and the club in a manner that is consistent with our values. This includes respectful communication, positive reinforcement, and a commitment to the overall well-being of the entire gymnastics' community.

Behavior During Practices

- Viewing Practices:
 - Parents are welcome to watch practices from the viewing area during designated watch weeks.
 - Refrain from coaching or instructing your child during practice sessions.
 - Do not disrupt or distract coaches or gymnasts during practice.
- Communication with Coaches:
 - Schedule meetings with coaches to discuss your child's progress outside of practice hours.
 - Approach coaches with respect and professionalism.



Talking About Coaches

- Respectful Communication:
 - **Positive Support:** It's essential to recognize and respect the expertise and authority of the coaching staff. Coaches are dedicated professionals who work tirelessly to develop each gymnast's skills and confidence. Speak positively about coaches, both in private and public settings, as your attitude will influence your child's perception and respect for their coaches.
 - **Addressing Concerns:** If you have any concerns or questions regarding your child's training, progress, or behavior, please approach the coach directly and privately. Avoid discussing these concerns in public forums, such as in the viewing area, or with other parents. Schedule a time to meet with the coach outside of practice hours to have a focused and constructive conversation.
 - **Confidentiality:** Refrain from discussing any issues related to coaching decisions or your child's progress with other parents or gymnasts. This ensures that misunderstandings and conflicts do not arise from incomplete or second-hand information.
- Avoiding Undermining:
 - **Unified Front:** Support the coaches' decisions and methods, even if you might not fully agree with them. Children thrive when they see that their parents and coaches are aligned and supportive of each other. Undermining the coach's authority, either through direct comments or indirect remarks, can negatively impact your child's respect for their coach and their overall experience in the sport.
 - **Constructive Feedback:** If you have feedback for the coaching staff, present it in a constructive and solution-oriented manner. Remember, your goal is to work together with the coach to support your child's development.

Gossiping and Social Media Behavior

- Gossiping:
 - **Impact of Gossip:** Gossiping can be extremely harmful to the gymnastics community, creating divisions and fostering a negative atmosphere. Refrain from engaging in or spreading rumors about gymnasts, coaches, or other parents. Remember that



misunderstandings can easily arise, and gossip only exacerbates these issues.

- **Encouraging Positive Dialogue:** If you hear gossip or negative discussions, encourage those involved to address their concerns directly with the appropriate individuals rather than perpetuating rumors. Promote a culture of open and respectful communication within the parent community.
- **Setting an Example:** As a parent, you are a role model for your child and other gymnasts. Demonstrate the behavior you expect from them by avoiding gossip and focusing on positive, constructive interactions.
- **Social Media Behavior:**
 - **Mindful Posting:** Social media is a powerful tool, but it can also be a source of misunderstanding and conflict. Be mindful of what you post about the club, coaches, gymnasts, and other parents. Avoid sharing negative opinions, frustrations, or criticisms online, as these can quickly escalate and harm the club's reputation and community spirit.
 - **Respecting Privacy:** Protect the privacy and confidentiality of all club members by not posting sensitive or private information online. This includes avoiding the sharing of images or videos of other gymnasts without their parents' consent.
 - **Constructive Use of social media:** Use social media to share positive experiences, celebrate achievements, and build community spirit. Encourage other parents to do the same, creating an online environment that reflects the supportive and respectful values of the club.

Use of Language and Sensitivity in Behavior

- **Prohibition of Cussing:**
 - **Respectful Language:** All parents are expected to use respectful and appropriate language at all times, whether they are in the gym, at competitions, or communicating with coaches, gymnasts, or other parents. Cussing or the use of any profane or vulgar language is strictly prohibited.
 - **Role Modeling:** As role models for their children and others in the gymnastics community, parents should demonstrate self-control and respect in their choice of words. Using respectful language contributes to a positive environment and teaches gymnasts the importance of communication with integrity.



- **Consequences:** Any instance of cussing or inappropriate language will be addressed promptly. Repeated offenses may lead to further action, including being asked to leave the premises during practices or meets.
- **Sensitive and Inclusive Behavior:**
 - **Cultural and Emotional Sensitivity:** Parents must be mindful of the diverse backgrounds and experiences of all club members. Avoid making remarks or jokes that could be perceived as insensitive, discriminatory, or offensive based on race, ethnicity, religion, gender, sexual orientation, or any other characteristic.
 - **Respect for Differences:** Our club values inclusivity and respect for all individuals. Parents are expected to demonstrate acceptance and understanding, fostering a community where everyone feels safe, valued, and supported.
 - **Zero Tolerance for Bullying or Harassment:** Any behavior that could be perceived as bullying, harassment, or exclusionary, whether verbal or non-verbal, will not be tolerated. This includes making derogatory comments, spreading hurtful rumors, or engaging in any form of intimidation.
 - **Addressing Concerns:** If you witness or are made aware of behavior that could be deemed insensitive or harmful, report it to club leadership immediately. The club will address such issues promptly to maintain a safe and respectful environment for all.
- **Consequences for Insensitive Behavior:**
 - **Warning and Education:** In cases where a parent's language or behavior is deemed insensitive, a meeting will be scheduled to discuss the incident.
 - **Disciplinary Action:** Continued or severe instances of insensitive behavior may result in escalating consequences, including restricted access to practices or competitions, or even removal from the club, depending on the severity of the offense.

Behavior at Meets

- Supportive Attitude:
 - Cheer for all gymnasts and encourage good sportsmanship.
 - Avoid making negative comments about other gymnasts, coaches, or judges.



- Follow the club's guidelines on attendance, punctuality, and dress code at meets.
- Interacting with Judges and Officials:
 - Do not approach judges or officials with complaints or comments during or after a meet.
 - Follow the club's procedures for addressing any concerns related to meet outcomes.

24 Hour Cooling Off Period

If a parent has a concern or issue following a training session, event, or competition, we request that they observe a 24-hour cooling-off period before initiating a discussion with a coach or staff member. This period is intended to allow time for emotions to settle so that conversations can be constructive and respectful. After 24 hours, parents are encouraged to schedule a meeting to discuss their concern calmly and privately.

Consequences for Violations

Consequences of Negative Behavior: Be aware that inappropriate social media behavior or gossiping can lead to disciplinary actions from the club, as outlined below.

- **Warning:** First-time violations may result in a verbal or written warning.
- **Meeting:** Repeated or serious violations will require a meeting with club leadership to discuss further actions.
- **Disciplinary Action:** Severe or ongoing misconduct may result in restricted access to practices/meets or, in extreme cases, dismissal from the club.