



# Slough Synchro Skating Club

## CODE OF CONDUCT

Updated February 2021

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## **Code of Conduct for Club officers, committee members and volunteers**

All Club officers, committee members and volunteers must:

- Consider the wellbeing and safety of skaters before the development of performance
- Develop an appropriate working relationship with skaters, based on mutual trust and respect
- Ensure all activities are appropriate to age, ability and experience of those taking part
- Promote fair play
- Display consistently high standard of behaviour and appearance
- Follow all guidelines laid down by our NGB British Ice Skating and the Club
- Never condone the use of prohibited substances
- Never actively promote anti-social behaviour or excessive drinking
- Encourage skaters to value their performance and not just results
- Shall not do anything which is likely to intimidate, offend, insult, humiliate or discriminate against any other person on the grounds of gender, race, disability, age, religious or political belief, sexual orientation, social background, ethnic origin or language.

## **Code of Conduct for Skaters**

Team members are expected to behave in an appropriate and acceptable manner at all times, including training sessions. Skaters who are selected to skate on one or more teams are expected to skate for the teams for the whole season and attend all competitions unless your team manager is notified with a minimum 6 weeks' notice.

### **Training Sessions**

- Skaters must arrive on time for both on and off ice training
- Skaters must be neat and wear club uniform at all times
- Skaters are expected to treat each other, coaches and other officials with respect and have the right to be treated with respect in return
- If a skater has any problems they, or their parent/guardian, should escalate it to the Team Manager in the first instance. They have the right to request a meeting with a committee member other than the coach or Team Manager if the issue is with the Team Manager or if they feel that the issue wasn't satisfactorily resolved.
- If the Coach(es) or Team Manager feel that a skater's behaviour, general attitude or skating is a cause for concern, they will follow the following procedure:
  - In the presence of another committee member, the concerns will be discussed and the skater will be given an opportunity to explain their feelings or actions
  - Skaters under 18 have the right to refuse to discuss any matter without the parent or guardian present and/or may ask for a skating team member to be present
  - If the situation continues or cannot be rectified at the initial discussion, the parent/guardian of the skater (if under 18) will be contacted and informed of the problem
  - In extreme circumstances it may be necessary for the problem to be brought to the attention of the Synchro Chair and if the situation cannot be resolved then it may be necessary for the skater to resign or to be suspended.

If any skater is suspended, they have the right to appeal directly to the Head Coach who will look at the complaint and, if they feel it justified, will call a special meeting with the committee to review the matter.

## Competitions

Our teams represent our Club and our Rink and must show respect to other skaters, coaches, chaperones, rink users, rink staff, judges and other officials alike.

- Whilst attending competitions, the skaters should obey the coaches and chaperones if appropriate at all times
- Skaters must stay together and may only leave the group if permission is sought from coaches / chaperones, and then may have to be accompanied depending on their age
- Skaters may have mobile phones but they must be used with discretion and may not be used ice-side immediately before warm up or competitive skates.
- Jewellery cannot be worn on the ice so please avoid bringing it with you as coaches / chaperones will not accept responsibility for it. MP3 players, phones, tablets, laptops etc also fall under the same rule.
- If travelling by coach, aeroplane etc, younger skaters (under 16) are required to stay in their allocated seat wearing a seatbelt at all times.
- Parents/guardians must make coaches/chaperones aware if a child is prone to travel sickness and provide written information if the child has been given travel sickness tablets.
- All skaters must consult coaches / team managers before taking any medication prior to a competition
- Slough Synchronised Skating Teams should always support ALL our own teams if more than one of our teams is competing at an event. This support should be shown for the WHOLE team and not for individual skaters. Likewise our teams should show respect and support for other teams in the competition
- Skaters must treat costumes with care, as they are the property of the club. Never leave them lying on the floor.
- Skaters are not permitted to consume alcohol from 24 hours prior to competing. Consumption of alcohol under age 18 is not permitted at any time. Alcohol should not be consumed when wearing club uniform.
- Skaters are not permitted to consume recreational drugs from 24 hours prior to competing or at any time wearing club uniform. Doing so will result in the immediate suspension and possible permanent exclusion of the skater from the club.
- Skaters are not permitted to smoke at any time wearing club uniform or competitive costumes.

## **Code of Conduct for Parents and/or Legal Guardians of Members**

Slough Synchro Skating Club is committed to providing a safe, stimulating, consistent and accessible service for child skaters, their parents/guardians and adult skaters.

Parents are expected to:

- Positively reinforce their child/young person and show an interest in their chosen activity
- Not place their young person under pressure or push them into activities that they don't want to do
- Complete and return any form pertaining to their child's participation in Slough Synchronised Skating Club in a timely manner
- Deliver and collect their child punctually to and from coaching sessions / competitions
- Ensure their child is properly and adequately attired ie training / off ice kit
- Ensure that proper footwear and protective equipment is worn at all times in accordance with Health and Safety Regulations. Any child not in possession of the fundamental requirements will not be permitted to participate. This includes trainers for off ice work both at training and competitions, helmets during lifts if required by the coach and any other safety equipment we deem necessary.
- Provide details about any health concern regarding your child, in particular, breathing or chest conditions and severe allergies. Any changes in the state of the child's health should be reported to the coach / manager prior to coaching sessions starting.
- Inform a coach / team manager prior to departure from the ice if their child is to be collected early from a training session
- Encourage their child to play by the rules and teach them that they can only do their best
- Behave responsibly by the side lines or rink side
- Show appreciation and support to the coach, manager and committee
- Ensure their child is punctual
- Ensure their child's hygiene and nutritional needs are met
- Accept the official's judgement
- Acknowledge the importance and role of the club coaches who provide their time to ensure the skater's participation in the club
- Promote their child's participation in playing sport for fun
- Address any complaints about how the club, training or competitions are run to a committee member directly

- Represent the club responsibly and sensibly whilst at competitions, other rinks or clubs. This includes how the club is represented or could be perceived on social media via direct or indirect messages or complaints about the club, the coaches, committee, competition organisation or any other aspect of the sport. Comments or complaints should be directed to the club committee in the first instance and the committee will address the issues, if deemed necessary, in accordance with our official complaints procedure

Parents have a right to:

- Know their child is safe
- Be informed of problems or concerns relating to their child
- Be informed if their child is injured
- Have their consent sought for issues such as trips
- Contribute to decisions made within the club via team meetings
- Complain to the team manager or club chair if they have concerns about the standard of coaching using the official complaints procedure

Breaches of this code of conduct will be dealt with immediately by a Slough Synchro Skating Club committee official. Persistent concerns or breaches will result in the parent / guardian being asked not to attend if their attendance is detrimental to the skater's or club welfare. The ultimate action should a parent/guardian continue to breach the code of conduct is the Club Committee regrettably asking the child to leave the club due to the actions of the parent/guardian.

## Code of Conduct for Coaches

- Arrive in plenty of time to set up your activities and ensure safety
- Keep yourself informed about sound coaching practices
- Ensure the well-being and interests of skaters, not just their win/loss record
- Never ridicule or shout at a skater for making a mistake
- Teach skaters to follow the rules
- Divide your time equally between all teams/levels of skaters
- Ensure you have insurance cover for the coaching you are undertaking
- Ensure you and your skaters have respect for their opponents, the officials and opposing coaches and supporters
- Follow advice from a professional when determining if an injured skater is ready to train
- Take responsibility for the young people in your care until they have safely left the rink
- Do not do anything which is likely to intimidate, offend, insult, humiliate or discriminate against any other person on the grounds of gender, race, disability, age, religious or political belief, sexual orientation, social background, ethnic origin or language.