

As a parent or guardian of a Central Aquatic Club swimmer, I will:

- Encourage my child, not force them, to participate in sport for their own individual enjoyment, personal satisfaction, and improvement. Participation in sport is for their enjoyment and benefit, not for mine.
- Focus on effort and performance rather than winning or losing.
- Congratulate all participants on their performance, regardless of the result. Applaud good performance and efforts from **ALL** individuals and teams.
- Encourage competitors to follow the rules and respect officials' decisions.
- Never ridicule or scold an athlete for making a mistake. Positive comments are motivational.
- Reject the use of violence in any form, whether from spectators, coaches, officials, or competitors.
- Refrain from using foul language, sledging, or harassing others, including competitors, coaches, officials or spectators.
- Control my temper and my language both spoken and written and particularly on social media. Verbal or physical abuse is unacceptable. Support all efforts to remove abuse from the sporting environment.
- Refrain from criticism by word, action, or social media. Please also see Social Media Policy.
- Respect the rights, dignity and worth of all participants, regardless of their gender, age, ability, ethnicity, cultural background, or religion.

Children learn by example. Please be an example to your child and to others within the club. Recognise the value and importance of all volunteers—including officials, coaches, and club members. They give their time and resources to provide knowledge and support for your child's benefit.