

PARENTS AGREEMENT

Valid until April 2022

(Name of the Parent(s))

Name: _____
Telephone: _____
E-mail: _____

Name: _____
Telephone: _____
E-mail: _____

Name: _____
Telephone: _____
E-mail: _____

Name: _____
Telephone: _____
E-mail: _____



PARENT CODE OF CONDUCT

Team values

Caledonia Nordic ski club is here to create an environment of safety and gratitude to foster a growth mindset amongst our athletes while cultivating their sense of courage, curiosity and resilience. As such, we want our athletes to feel safe so they can voice their opinions and concerns and take ownership of their development.

Collaboration, inclusion and empathy are the fundamental pillars of our team. Every team member is encouraged to practice self-compassion, aspire to self-regulate, and have the self-awareness to foster open communication.

Team members are encouraged to take ownership, be proactive and focus on solutions. Cultivating an atmosphere of fun, play, and support while prioritizing health is vital to achieving our racing goals and potential.

This program's emphasis is on development in alignment with the LTAD model. We value effort and dedication to allow for a growth mindset.

We believe in sport for life – therefore, competition is only one avenue to allow individuals to develop and improve their skiing and shooting abilities. As such, the athlete should feel self-motivated rather than pressured to take part in any aspect of training or racing. We believe it is important to offer a variety of programs to accommodate the different interests of developing athletes.

The following code of conduct for parents and volunteers has been implemented to ensure all members are offered utmost respect and enjoyment while participating in club activities.

As Caledonia Nordic participants develop their cross-country skiing/biathlon skills, the level of responsibility and commitment of parents increases. For our programs to be sustainable and to help share the load amongst our community, all parents must commit to 60 hrs of volunteering for the spring and summer season and 80 hrs of volunteering during the fall and winter season to help support our programs. To ensure contribution from all our community members, parents must provide the club with a



cheque for the value of \$400. This sum will be returned if the parents fulfill their volunteering engagement by the end of the season.

For the sport:

- To respect the policies put forth by CCES for you and your athlete (www.cces.ca).
- To respect and honour the rules and regulations at events and those of regulating bodies involved in the sport in which your athlete participates.

For the club and our community:

- To respect that all directly involved with the team will be asked to provide a criminal records check yearly. For parents who cannot meet this requirement, direct participation will be suspended, but indirect participation will be allowed.
- To represent the CNSC Team respectfully and responsibly as a parent.
- To not misuse any substance or communication platform while representing CNSC as a parent.
- To help leave all sites as you found them or in better condition.
- To always value and respect our competitors and fellow parents.
- Follow and respect all club policies, codes of conduct, and procedures at all times.

For the team:

- To respect others at all times and display good sportsmanship when representing our team.
- To engage in and maintain open communication while being proactive and solution orientated for all functions related to the team.
- To respect your engagement around volunteering hours.
- To respect the **team values** at all times.
- To prioritise and protect the emotional and physical well-being of the team ahead of any personal desire for your athlete's success.
- To respect the travel policy as stated in [Travel Guidelines to Help Protect Children in Sport](#)
- To respect the team by helping your athlete arrive on time and ready for practice and races which also means having the proper equipment and being ready for the weather conditions.



- To respect the roles and responsibilities of each member within the programs and respect the limits of your position.

For yourself and our athletes:

- To respect that our programs are fostering intrinsic motivation and ownership amongst our athletes. As such, no one should force a child to participate in sports.
- To call the Canadian sports helpline if a situation arises where you deem the safety of our athletes is at risk and where you do not believe internal actions are a viable option: call or text: 1-888-83SPORT (1-888-837-7678).
- To always protect and prioritize the health of our athletes (physical, emotional and spiritual) over performance.
- To never communicate via any electronic platform with a single coach, I will always include at least two coaches (Ali and Simon) when communicating about my athlete to promote transparency and fairness.
- To ensure that your athlete will find their group if you are late.
- To pick up your athlete on time. Excessive violation of this rule could result in added volunteering hours to off-cost for the lost time of the coaches/parents/athletes who had to wait for your athlete to be picked up as per the two-to-one rule. This will be at the coach's discretion.

For the interpersonal relationship between the parent and the coaches:

- To respect the head coach's time off, which will be specified for every season. This includes electronic communications.
- To respect the caretaker's / head coach's privacy by never entering his property unless invited to do so in a context not associated with their position as head coach.
- If a parent has a concern about their child, their child's program, or the coaching of their child, they should voice these concerns in a respectful manner in one of the following ways:

i) First, through discussion with the head coaches as far ahead of the training session as possible to allow for pro-active steps to be pursued. Parents



should avoid questioning the session design at the beginning of a session when there is no time to implement proactive strategies. Parents are encouraged to give proactive feedback after a 24 hrs reflection period.

ii) Second, through a scheduled meeting with the head coaches.

iii) Third, through a meeting with the head coaches and the conflict resolution committee.

Every parent should also be familiar with their athlete's agreement and should act in accordance to support both contracts.

Significant deviations from this code of conduct will be addressed in the following manner:

1. Discussion with the head coaches or a head coach if others are not present to listen to all those involved, make an action plan and find an appropriate agreement that aligns with the code of conduct.
2. Any persistent deviations will be reported to our conflict resolution committee who will decide on the appropriate measures to take. In the event this would happen during a competition, this role falls under the team manager's responsibility.

PHOTO RELEASE:

Photographs are regularly taken during CNSC program activities and special events. I grant permission to the CNSC team and other associated cross-country and biathlon organizations (e.g.: CCBC, CCC, Biathlon B.C etc) to use my photograph on its website, on exhibition space and/or for fundraising development or public relations purposes.

Signature: _____

Coach signature: _____

Athlete Name: _____



Parent Name: _____

Parent Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____

