



PARENT CODE OF CONDUCT

The HealthKix Parent CODE OF CONDUCT has been put in place to ensure all athletes are safe, healthy and happy individuals while progressing comfortably with their HealthKix journey. It is vitally important for the success of the company and the individual athlete achievements that the Code is respected and followed by all parents/guardians/carers.

Parents/guardians/carers will:

- Respect the rights, dignity and worth of every person that HealthKix work with and alongside.
- Not use inappropriate language or gestures, including foul, sexist, abusive, racist or prejudicial language or tolerate it from other members or guests.
- Positively reinforce their child and show an interest in their health and fitness activity.
- Not place their child under pressure or push them into activities they do not want to do.
- Ensure that their child attends consultations promptly with any necessary documents completed prior to attending.
- Ensure their child is properly and adequately attired for the weather conditions.
- Complete and return the Medical Consent form/PAR-Q to info@healthkix.co.uk.
- Detail any health concerns pertaining to the child on the consent form, in particular breathing or chest conditions. Any changes in the state of the child's health should be reported to one of the HealthKix team prior to training sessions.
- Encourage their child to abide by the rules and teach them that they can only do their best.
- Behave responsibly when observing, and not embarrass their child.
- Be respectful towards the coach and challenge any concerns through the appropriate channels.
- Be realistic and supportive of their health and fitness goals and training programmes.
- Recognise good performance and not just results.
- Ensure their child's hygiene and nutritional needs are met.
- Acknowledge the skills and experience of the HealthKix team and mirror their patience to ensure gradual progress and success for the athlete.
- Report any safeguarding concerns to info@healthkix.co.uk.
- Not use the internet or social media to make derogatory remarks about other people involved at HealthKix or any other club or sport.

Parents have the right to:

- Know their child is safe.
- Be informed of problems or concerns relating to their children.
- Be informed if their child is injured.
- Complain if they have concerns about the standard of coaching.

Any misdemeanours and breach of this code of conduct will be dealt with immediately by HealthKix.

Persistent concerns or breaches will result in the immediate termination of athlete's contract with no refund.

Name of Child / Children:

Name & signature of Parent:.....

Date:

