

## CODE OF CONDUCT

Our aim at Fast Feet is to nurture each child potential, inspire them to be the best they can be, and to enrich their lives. To do this and to ensure that they have a worthwhile and enjoyable experience; we need both players and parents to understand the expectations of both conduct and behaviour at our training sessions.

## PARENT CONDUCT CONTRACT:

IT IS YOUR RESPONSIBILITY TO:

- ✓ Ensure your child arrives on time and in the correct frame of mind to participate in physical activity
- ✓ Ensure your child is wearing appropriate clothing for the session including footwear
- ✓ Ensure your child has been to the toilet prior to the session commencing
- ✓ Ensure you inform a Fast Feet coach of any injuries or illnesses that your child may have prior to the session taking place
- ✓ Ensure your child brings an appropriate soft drink (preferably water) to the session to keep them hydrated. No food is to be consumed during the training session unless required for medical reasons
- ✓ Ensure that during challenge weeks, your child's progress chart is provided to a Fast Feet Coach to allow for updates and recognition at the Viewing Week
- ✓ Ensure you support and understand that our coaches have authorisation to manage behaviour during the training session and that reasonable and appropriate actions will be taken in instances of inappropriate behaviour
- ✓ Ensure that your child understands our expectations in terms of behaviour when attending our sessions (please see Player Conduct Contract)
- ✓ Vacate the training area once the training session starts and throughout the session, only Fast Feet coaches and enrolled members may enter the training area
- ✓ Continue to support the ongoing development of your child throughout their time with Fast Feet

## PLAYER CONDUCT CONTRACT:

WHEN TAKING PART IN FAST FEET TRAINING SESSIONS / EVENTS, YOU MUST:

- ✓ Be respectful to your coach and other players always
- ✓ Wear appropriate clothing for the session
- ✓ Behave in a careful and safe manner when using facilities and equipment
- ✓ Listen to your coach and other players when they are speaking and wait for your turn to speak; everyone has a right to be heard
- ✓ Behave in a respectful manner, Fast Feet do not tolerate hitting, swearing, name calling, or any form of abusive behaviour. We have a zero-tolerance policy on bullying. Everyone has a right to learn in a safe and fun environment
- ✓ Take part, have fun and try your best every time
- ✓ Tell a coach if you need the toilet, feel unwell or have suffered an injury

WHAT HAPPENS IF YOU BEHAVE INAPPROPRIATELY?

At Fast Feet we run a Yellow and Red Card system to manage in challenging behaviour (should this occur) during the training sessions.

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| <b>Green Card</b>                 | <b>All children start the training session on a Green card and should remain on this for the duration of the training session</b>  |
| <b>Yellow Card</b>                | <b>1<sup>st</sup> verbal warning is issued.</b>  |
| <b>2<sup>nd</sup> Yellow Card</b> | <b>2<sup>nd</sup> verbal warning results in a timeout. The child will be asked to sit out of the training session for five minutes and asked to re-join the session after the five minutes 'cool-down'</b> |
| <b>Red Card</b>                   | <b>Issued following a 3<sup>rd</sup> verbal warning. The child will be withdrawn from the remainder of the training session and the coach will discuss this with parents at the end of the session</b>     |