

Principles of safe parent-child, parent-trainer relationships

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Children's sports activity is aimed at comprehensive development on the way to adulthood. Sports activities can bring numerous benefits: they improve physical and mental health, build self-confidence, and help make new friends. In the world of sports, children should primarily derive joy and develop attitudes that will encourage them to be physically active throughout their lives. The role of parents and guardians is crucial in this process because their behaviour affects their child's performance and the well-being and safety of other children participating in training and sporting events.

1. The principles of safe parent-child relationships concern safe relationships between children who are recipients of the Company's activities as the organiser of classes, training, competitions, etc., and parents who are often participants in the above-mentioned activities and interact with staff and residents who are not their children.
2. The principles of safe parent-trainer relationships apply to safe relationships between parents of children who are recipients of the Company's activities as the organiser of given classes, training, competitions, etc., and trainers/members of the Company's Staff conducting given classes or events, who take care of their children on a daily basis, and those whose children meet during classes, training and competitions.
3. Whenever the following provisions refer to the subject of sports, classes, training, etc., it is assumed that they apply to classes and events, in particular sports, organised and/or conducted by the Staff of Chochołowskie Thermal Baths.

Principles of safe parent-child relationships

Parents, legal and actual guardians of children:

1. Put children's well-being and their joy in playing sports first.
2. Give the child the right to choose development in accordance with his or her personal goals - both in the case of recreational and competitive sports. They involve the child in the process of deciding about his or her sports and life plans.
3. Respect the dignity and worth of all persons participating in a sporting event, regardless of age, race, colour, ethnicity, gender, disability, language, religion, political or other opinions, property status, sexual orientation, level of sports skills or physical characteristics.
4. Treat all participants of classes, competitions, etc., subjectively. They do not comment offensively on other competitors' behaviour or judges' decisions. They do not shout or use verbal aggression towards training/competition participants.
5. Do not use violence under any circumstances and always respond to all forms of violence, including any offensive, inappropriate, discriminatory behaviour or words and any other form of intimidation among children, but also adults, including coaches and other parents.
6. Do not turn children against each other or encourage violent practices (e.g., trash-talking). They do not interfere with opposing team players when performing activities requiring concentration.
7. Do not belittle children's efforts. They appreciate and respect children's contributions, not focusing solely on performance and results, and do not blame children for failures.

8. Balance the need for supervision with children's right to privacy, particularly not to enter toilets, showers and locker rooms when children are there.
9. Do not exert pressure to achieve favourable results at any cost without paying attention to possible negative consequences. They allow children to experience failure internally.
10. Behave responsibly and do not use aggressive or offensive language towards a player or other participant of a sporting event, including a referee or coach.
11. Do not publish photos, videos or other information about children and their families on personal social media, e.g., Facebook or websites, without the consent of the children concerned and their parents. This also includes posting comments on social media that may cause harm to others.
12. Do not comment on other children's appearance.
13. Are sensitive to any forms of intimidation or threats resulting from children using mobile phones to take photos and videos.
14. Take care of the child's health by ensuring the appropriate value and calorie content of meals, up-to-date sports tests and sufficient time for regeneration (after training and injuries).
15. Provide the equipment necessary to perform training in a safe and effective way for the child and his or her goals.

Rules for safe parent-trainer relationships

1. Their behaviour sets an example for children and is a role model for them. They apply fair play rules and encourage others to follow them. They are aware that their relationships with other parents, coaches and referees model children's behaviour.
2. Communication between parents and the coach should always be based on respect, honesty and mutual listening.
3. A parent should not step into the role of a coach, and a coach should not step into the role of a parent. Parents provide support to the coach, and the coach provides support to the parents. They do not undermine each other's authority in the eyes of the child. They don't put him or her in a situation where he or she has to choose between them. They do not resolve disputes among themselves in the presence of the child.
4. During the games, parents do not question the decisions of coaches and referees. The exception is the situation of violence against a child. Adults give each other feedback without the presence of children, taking care to tone down emotions without using aggression.
5. Parents support the coach and other children belonging to a given section/club in logistic activities as much as they can.
6. Parents have the right to express their concerns about the safety and security of their children and report them to the coach, management or other designated person. They should report defects that threaten children's safety, and coaches have a duty to respond to these concerns and seek solutions to increase children's safety.
7. Parents always have the opportunity to talk to the coach and express any concerns about their child and have a guarantee that their concerns will be taken seriously and appropriate procedures will be implemented if the situation requires a response.
8. Both parents and coaches respond to all forms of violence, including any offensive, inappropriate, discriminatory behaviour or words and other forms of intimidation among children and adults, including coaches and other parents.

9. The coach and parents do not form alliances that encourage favouritism. They are able to separate private and official relationships. When making sports decisions, the coach is not guided by his sympathy for the parent.
10. Parents respect the decision of the coach and children regarding their participation in training/classes.
11. Parents and the coach should establish rules for participating in training. The recommended solution is to adopt the principle of non-participation of parents in children's regular training sessions and to establish a schedule of open training sessions for any willing parent (e.g., once a month).