

## Codes of conduct

Child's name \_\_\_\_\_



### Parents are expected to:

- Complete and return the Health and Consent Form pertaining to their child's participation with "FITKIDS".
- Deliver (where appropriate) and collect the child punctually to and from FITKIDS sessions.
- Ensure their child is properly and adequately dressed for indoors or outside - the weather conditions of the time, including trainers or PE pumps, shorts, tracksuit, t-shirt, jumper, hats, suncream etc...We will not be outside if it rains or is too cold.
- Ensure their child brings a waterbottle which the child is able to re-fill with water (no fizzy drinks).
- Provide a small healthy snack (no crisps, sweets or chocolate) if you think it is appropriate for your child.
- Any changes in the state of the child's health should be reported to the instructor prior to sessions.
- To inform FITKIDS prior to a session if a child is to be collected early from a session or by a different person.
- To inform FITKIDS if a child cannot attend a session.
- Encourage their child to play by the codes of conduct and teach them that they can only do their best.
- Promote their child's participation that fitness is for fun.

### Children are expected to:

- Listen to the instructors and do as they ask.
- Respect all children and instructors.
- Behave in a sensible manner and a positive way.
- Use the equipment with care.
- Understand the traffic lights procedures (Green is a warning, Yellow is 2<sup>nd</sup> warning a brief time out to reflect on their behaviour, Red is the 3<sup>rd</sup> warning, time out and whoever is to collect the child from the club will be informed that the child was on red that session).
- Look after their own belongings and put them in their bag once changed.
- Not to bring any toys/cuddlies to the club.
- Be rewarded with praise, stickers, certificates, FITBEAR or FITROPHY (Fitrophy is for the Juniors only), medals.
- HAVE FUN



### Parents/Guardians have the right to:

- Know their child is safe and safeguarding children policies are in place.
- Know that instructors are CRB checked, hold First Aid certificates and appropriate qualifications.
- Be informed of problems or concerns relating to their children.
- Be informed if their child has had an accident and what first aid techniques were used.
- Contribute to decisions within the club where appropriate.
- Complain if they have concerns.
- Expect quality teaching and equipment.
- Finish on time.

Any misdemeanours and breach of this code of conduct will be dealt with immediately by FITKIDS. The ultimate action should a child/parent/guardian continue to breach the code of behaviour may mean that FITKIDS will regrettably ask the child to leave the club.

Signature of FITKIDS \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

PRINT Parent/Guardian \_\_\_\_\_

Signature of child \_\_\_\_\_

PRINT name of child \_\_\_\_\_