

Elmbridge Canoe Club Parent's Charter

A set of guidelines for parents to enable them to help us give their children the best and most enjoyable experience of our sport.

A. Physical Needs and Safety.

- Best **not to train** when you are **unwell**
- Or when **overtired**.
- Children should be **appropriately clothed** before, during and after training. A complete change of clothes should be brought for training on every occasion and a warm coat/fleece jumper for wearing to go home.
- It is important to have **breakfast every day** .. especially before Saturday training. Snack between school and evening training. Always have a drink before training.
- Parents should **deliver and collect children at the clubhouse** (on time please) rather than dropping them off at the car park. This covers a number of safety issues.
- For the benefit of your child, coaches need to know about any **special considerations** that may apply to your child , either mental or physical. (fears , phobias, allergies etc)
- **Suitable equipment is important** for good progression. We supply all necessary equipment in the early stages. If a parent is intent on buying any item of equipment we would ask if them to liaise with their child's coach before going ahead.
- **Junior members may only paddle in coach led groups.** Junior paddlers in junior groups are not permitted to hold keys or go on the river alone at any time.

B. Mental and Social Wellbeing

- Please report any problem that occurs (however trivial) as soon as possible either to your child's coach, a committee member or the Child Protection Officer.
- Changes in circumstance at home or school can cause stress for children... Let us know if your child is having a bad time.
- We are a competitive club but the emphasis is on self improvement at a whatever rate is natural to each child.

Please try to avoid stress caused by exerting undue pressure to perform, or comparing your child with others.

- Liaise regularly with your child's coach in order that you are aware of any changes in normal proceedings, and try to make sure that any notes distributed are given to you.
- You are very welcome to watch our activities at any time, and many children appreciate parental interest.

C Help us to Keep the Club Running Smoothly

- Arrive on time for training sessions.
- Inform us of any long absences if any
- Encourage children to respect the equipment we provide and never to use equipment owned by others without their permission. Please check with your child that they have put their equipment away before they leave.
- Come into the clubhouse, read the notice boards, chat to other parents and members. Please feel free to join in and help where you can. (We are all volunteers)
- We do have a number of information sources which you can consult and may help you to feel more "with it"

Our website : www.elmbridgecanooclub.org.uk

Our Newsletter ... which is on the website, but can usually be picked up at the club as well.

An "Information leaflet for Parents with children ready to start Racing" ...

To follow that (maybe 3years on). "The Racing Handbook"