



Parent's Commitment to Skating

- I do not force my child to participate in skating. They do so voluntarily, for their own enjoyment.
- I do not live vicariously through my child's skating.
- I do not have unrealistic expectations of my child with respect to skating.
- I teach my child that winning isn't everything; a personal best effort is as important or satisfying as getting a medal or winning.
- I teach my child to accept results with good sportsmanship and as an opportunity to improve.
- I always find something to praise in my child's performance.
- I let my child set his/her own standards of excellence in consultation with his/her coach.
- I provide love and support for my child regardless of his/her performance and motivation .
- I support the coach's decisions and employ the 24-hour rule (waiting an appropriate amount of time) before discussing any concerns with the coach.
- I openly support and respect the decisions of officials/judges and set an example for my child and other parents in doing so.
- I will the club-prescribed protocol in instances of witnessing unacceptable behaviour.
- I provide positive support and encouragement to all skaters.
- I ensure proper rest, hydration and nutrition for my child.
- I am on time for practices and competitions.
- I control my temper and use of bad language.
- I am courteous and respectful to all parents on my child's team and the opposing team.
- I stay active and fit as a role model.
- I never let an emphasis on skating or any sport create an imbalance in my child's life.
- I do not harass, bully or abuse anyone involved in my child's skating activities.
- I ask my child if they had fun, and then ask why/how or why not.
- I will follow the policies and procedures of the sport of skating as set out by the club, section, etc.
- I will work with the skating club to provide a safe environment for all participants.
- I will continue to invite communication with my child.

(Adapted from Respect in Sport)