

# U.S. FIGURE SKATING PARENT CODE OF CONDUCT

U.S. Figure Skating and its clubs are committed to creating a safe and positive environment for its members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

As a sport parent, it's important to recognize and follow the six essential elements of character-building and ethics in sports: respect, responsibility, fairness, caring, trustworthiness and good citizenship.

As a figure skating parent, you should:

- 1** Encourage sportsmanship by demonstrating positive support for all skaters, coaches, officials and parents at every practice, competition and test session.
- 2** Place the emotional and physical well-being of your child and others ahead of desire to win.
- 3** Maintain a respectful and courteous attitude toward others.
- 4** Teach your child that doing his/her best is more important than winning.
- 5** Do your best not to ridicule, bully, blame or yell at your child or other skaters, parents, coaches or officials for any reason.
- 6** Do your best to make skating fun and remember that your children participate for their own enjoyment.
- 7** Teach your child to treat other skaters, coaches, fans, volunteers, parents, officials and rink staff with respect, regardless of race, color, ability, etc.
- 8** Take action to report any acts of bullying, harassment or misconduct to the appropriate parties.
- 9** Applaud any effort in both victory and defeat, emphasizing positive accomplishments and learning from mistakes.
- 10** Teach your child to resolve conflicts calmly and peacefully.
- 11** Be a positive role model for your child and for others.
- 12** Demand a figure skating environment for your child that is free of drug or alcohol abuse and agree that you will not use or provide to a third-party any illegal drug prohibited by applicable federal, state or municipal law.
- 13** Do not assist or condone any athlete's use of banned substance as described by the International Olympic Committee, ISU, USOPC or U.S. Figure Skating, the PSA and other accredited organizations.
- 14** Expect your child's coach to be in compliance with all requirements set by U.S. Figure Skating and the PSA.
- 15** Respect your child's coach and refrain from "side-line" coaching your child or other skaters.
- 16** Agree to educate yourself regarding the proper procedures to follow when establishing or terminating a coaching relationship.
- 17** Respect officials, their authority and decisions during competitions and test sessions and teach your child to do the same.
- 18** Become familiar with the rules of U.S. Figure Skating and teach your child to do the same.
- 19** Support and respect all skaters and their right to participate.

# PARENTS' RESPONSIBILITY TO THEIR SKATERS

A parent's job is to raise his/her children to become well-rounded, productive and respectful members of society. This job doesn't change when children become athletes. Whether they are competitive or recreational, individual or team athletes, our final goal is for them to be good people as well as good athletes. Here are a few ideas to keep in mind when approaching your child's skating.

## BALANCE

Make sure there is balance in your skater's life. Few skaters make skating their life career. If that is their path, they'll focus on it. Here are some tips for keeping your child's skating in balance with the rest of the family:

1. **Encourage sport sampling.** Playing multiple sports throughout the year allows kids to become a more well-rounded athlete, reduces risk of overuse injury and minimizes sports burnout.
2. **Prioritize.** Skating is a privilege, not a right. Skating, schoolwork and family life should be given equal billing.
3. **Make a realistic schedule.** Help your child make a list of all activities and include time for travel. Then draw up a schedule you can all manage.
4. **Make time for homework.** Dedicate a certain amount of time each night to homework.
5. **Get your kids to help.** Depending on their age, skaters can help by keeping their own equipment, music, etc. clean and organized.
6. **Keep track of your budget.** Skating is an expensive sport. If costs are getting out of hand, let your children know that they will have to make choices or contribute to the expenses.

## LEARN

Take the time to educate yourself on the ins and outs of figure skating. Not all parents will understand the elements of skating, but it's important to your skaters to be involved in some way because it's important to them. The best way to learn about skating is to join your skater's club and participate in club events as a participant and volunteer. The U.S. Figure Skating Rulebook is also online and a great resource to help you understand the rules important to your child and the sport.

## SUPPORT YOUR COACH

Listen to the coach's advice and instructions, and ensure your skater is following through with those instructions. Let the coach be the coach, and don't try to second-guess the approach he/she is taking with teaching. If you have an issue with the coach, bring it to his/her attention privately and never in front of the skater or with other parents. Pay your child's lesson bills on time. Get your skater to the rink on time, and when you can't be there, make sure to tell the coach in advance.

## SUPPORT THE CLUB

Help with club activities. Clubs are run by volunteers, and they always need all the help they can get. Be willing to work on committees or serve on the board if needed. Help with jobs like ice monitoring, music, etc. at competitions.

## WATCH

Stay and watch your skater at the rink and show your interest. Often, skaters whose parents never watch in practice feel self-conscious or pressured to do well when their parents finally do show up to watch. If competition is the only time you watch your child skate, you may be hurting more than helping.