



## **CHEERLEADERS CODE OF CONDUCT**

As a member of a Universal Cheer, you will be expected to follow our code of conduct at all times. This is to ensure we have a productive and committed team, and that we are the best we can be so that we can set an example for others to follow.

### **ATTENDANCE AND PUNCTUALITY**

1. If it is unavoidable that a session is missed, the coach **MUST** be informed as soon as possible.
2. Cheerleaders should ideally arrive 5-10 minutes before the start of the session and be ready to warm up. Mats and other equipment may be required to be put out ready for the session.
3. It is expected that Cheerleaders will be available to take part in all events and performances as and when required.

### **BEHAVIOUR**

1. Cheerleaders must listen to the coaches and not talk over them. Cheerleading can be a dangerous sport, and following instructions and listening skills are vitally important.
2. No swearing or bad language at any time.
3. Cheerleaders must not drink alcohol, smoke or be intoxicated in any way whilst representing Universal Cheer.
4. Cheerleaders must be polite and show respect to each other, and to the coaches and members of the public, and show a good example to others.
5. A positive attitude must be maintained at all times.

6. Any problems or concerns that a Cheerleader or parent might have, they must be reported immediately to a coach, and not gossiped about.
7. Any form of verbal or physical bullying or intimidation towards other Cheerleaders or anyone else will not be tolerated and must be reported to a coach.
8. At Universal Cheer we don't have a "Can't do" attitude - we expect everyone to have a good attitude.
9. Decisions about tryouts, etc are made by the coach and must be respected by Cheerleaders and parents alike.
10. Cheerleaders should always remember that cheerleading is fun!
11. At competition, cheerleaders will cheer on all teams, not just their own.

**TRAINING**

1. Chewing gum is not permitted at cheerleading.
2. Stunting and tumbling is only permitted under the instruction of a coach and on safety mats.

**UNIFORM**

1. Absolutely no jewelry (apart from small stud earrings) or large hair clips are permitted during training or at displays.
2. Shorts and t-shirt must be worn for training.
3. Trainers or cheer shoes must be worn at all times and they must be fastened properly.

**PARENTS**

Please ensure your child adheres to this code of conduct at all times.

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Cheerleader's Name \_\_\_\_\_

Signed

(Parent): ..... (Cheerleader): .....

Date: .....

## Universal Cheer Parent Code of Conduct

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We will lead by example, and teach our athletes how to carry themselves on and off the mat.

### I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the association.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, directors and spectators at every practice or competition.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, director, coach, player, or parent such as booing and taunting, or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, directors, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome or his/her performance.

11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.

12. I will never ridicule or yell at my child or other participants for making a mistake or losing.

13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups. I will respect the coaches placement of athletes regarding levels.

14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child.

15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.

16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.

17. I will refrain from coaching my child or other players during competitions and practices, unless I am one of the official coaches of the team.

18. Practice is mandatory. If your child misses practice, for safety they may have to sit on the bench.

19. Please have your child use the restroom before practice and competitions.

20. No chewing gum during practice or competition.

21. Cheerleaders need to be at the competition in complete uniform 30 minutes before the check in time to warm up. (Cheerleaders will need to be dressed alike. For example, similar hairstyle, uniform, sneakers, etc.)

22. Please do not call any director, advisor, or coach after 9:00 o'clock in the evening.

23. All fees must be paid by the due date as set by the Board of Director. If fees are not paid by the due date your child may not be allowed to participate in the cheerleading program. If money is an issue, please speak with a coach or board member.

**Anyone that does not follow the rules in the Parent Code of Conduct will be asked to leave or escorted off the premises.**

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

Date \_\_\_\_\_

## **Universal Cheer Code of Conduct for Coaches / Leader & Volunteers**

We all have a responsibility to promote high standards of behaviour in sport and physical activity. Our behaviour will have an impact, directly or indirectly on the conduct of everyone involved in any activity.

### **As a responsible coach I will:**

- ★ Place the well-being and safety of the participant above all else.
- ★ Respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport and physical activity.
- ★ Act in a professional and appropriate manner when responding to any concerns about a child's welfare.
- ★ Display control, respect and professionalism at all times.
- ★ Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- ★ Ensure that whenever possible there is more than one adult present during activities with children and young people or at least that you are within sight or hearing of others
- ★ Encourage and guide participants to accept responsibility for their own behaviour and performance
- ★ Clarify with participants (and where appropriate with their parents) boundaries and guidelines for the activity and what the participants are entitled to expect from their coach.
- ★ Ensure that the time spent with participants a positive experience for all involved.
- ★ Promote fair play and high standards of behaviour.
- ★ Never condone breaking the rules, unhealthy behaviours (e.g. smoking) or the use of prohibited substances.
- ★ Never engage in, or tolerate, offensive, insulting or abusive language or behaviour

- ★ Never engage in or tolerate any form of bullying
- ★ Develop mutual trust and respect with every participant to build their self esteem
- ★ Encourage every participant to accept responsibility for their own behaviour and actions.
- ★ Consistently display high standards of behaviour, practice and appearance, set a good example which others can follow.
- ★ Never exert influence to obtain personal benefit or reward.
- ★ Never ridicule or punish a participant for making a mistake.
- ★ Operate within the rules and spirit of your sport and physical activity and teach your participants to do the same.
- ★ Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all participants.
- ★ Arrive in plenty of time to set up the activity.

Failure to abide by these codes will result in appropriate action being taken following an initial assessment of the situation by the Universal Cheer Board of Directors or the Head Coach. This may mean the removal of yourself from the activity for a period of time whilst the investigation is taking place and may result in disciplinary action being taken.

Declaration

**I certify that I have read and understood the Code of Conduct for coaches and agree to abide by the guidelines that are outlined:**

Name (please print): \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_