



Information for Parents/Caregivers

Llanrwst Canoe Club welcomes children and young people and their parents/caregivers.

We want you and your children to have a positive experience of a wonderful sport so here is some information and advice to help that to happen.

What to bring to sessions:

A Wetsuit suitable to conditions. Please ask if you need advice.

Swimwear for under the wetsuit.

Suitable footwear for use in the kayak/canoe. These could be shoes specifically made for kayaking, a pair of water shoes or a pair of old trainers.

A towel and clothes to change into afterwards.

Food and a warm drink.

The club will provide a helmet, a buoyancy aid and a cagoule (you are welcome to bring your own if you have them) and you should bring these every week.

Code of Conduct for Parents and Caregivers

As a parent or caregiver, you play an essential role in encouraging, supporting and influencing your child's participation in canoeing. Sometimes, despite best intentions, your behaviour can have a negative impact on your child's (or other children's) enjoyment of the sport – often without you even realising! The following helps highlight a few things to consider.

Set a good example:

- Applaud good performances of all paddlers, not just your child's.
- Behave responsibly; try not to embarrass your child.
- Show appreciation and support for the coaches, staff and volunteers.

- Use appropriate language at all times.

As parents/caregivers you should:

- Support your child's involvement and help them to enjoy the sport.
- Promote playing sport for fun.
- Positively reinforce your child and show an interest in their chosen activity.
- Be realistic and supportive.
- Encourage your child to follow any codes of conduct for the activity and club.
- Teach them that they can only do their best.
- When requested, complete and return any registration, medical and consent forms and ensure you update these straight away with any changes.
- Arrive at sessions punctually.

As a parent/caregiver, you have the right to:

- Be assured that your child is safeguarded during their participation in the activity.
- Be informed of any problems or concerns relating to your child.
- Be informed if your child is injured.
- Have your consent sought for attendance on club trips or photography of your child.
- Contribute to decisions that affect your child.
- Have any concerns about any aspect of your child's welfare listened to and responded to.

Please support the coaches & leaders by helping to load and unload equipment at the start and end of sessions.

Please provide any information that will assist the coaches or leaders to support your child if they have health or behavioural needs.

If there are any breaches of this code of conduct, they will be dealt with by a member of Llanrwst Canoe Club committee. Persistent breaches may result in you being asked not to attend club activities or events if your attendance is considered detrimental to the welfare of young participants.

Signature of parent:

Print name of parent:

Date: