

TIPS FOR PARENTS TO KEEP SPORTS FUN AND SAFE

On behalf of the Parks and Recreation Department, we look forward to you and your children having a fun and rewarding experience. Please keep in mind some of these tips:

- Be a cheerleader for your child and the other children on the team.
- Be a positive role model for your child. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.
- Be realistic about your child's physical ability.
- Make sure your child knows that, win or lose, you love your child and are not disappointed with his or her performance.
- Help your child set realistic goals.
- Emphasize improving performance, not winning. Praise improved skills.
- Don't relive your own athletic past through your child.
- The rules are such that all children get equal playing time. If you observe that your child is not being treated fairly, please contact the Parks and Recreation Department immediately or report this to the Referee Supervisor on site.
- Provide a safe environment for your child's training. This includes ensuring the proper use of equipment and training methods.
- Control your own emotions at games and events. Don't yell at other players, coaches or referees.
- Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them.
- Be courteous of other volunteer's schedules. Drop off and pick up your child on time.
- Jewelry: For your child's safety & the safety of others, the following Jewelry is not permitted to be worn: earrings, rings, bracelets, rubber and friendship type wrist bands, anklets, body piercing, watches, necklaces, metal and plastic head bands, barrettes, hair clips. Items allowed to be worn to keep hair out of eyes and face: cloth or elastic hair bands or pony tail holders.
- Spectators, including parents are to line up on the opposite side of the field from the team.
- Coaches are to instruct from the sideline and not walk onto the field.

