

CHECKLIST FOR PARENTS AND CARERS

SUITABILITY FOR JUNIORS

Initially, a major consideration for you when choosing a club for your child may be the distance you will have to travel. However, there are a number of other factors you should consider, including time commitments, cost and the club's culture.

Does the organisation:	What to look for...	Tick
Have activities that suit the age of your child?	<ul style="list-style-type: none"> • modified games (smaller fields, lower hoops etc.) • participation without confusion 	<input type="checkbox"/> <input type="checkbox"/>
Have activities in the price range you are looking for?	<ul style="list-style-type: none"> • sign on fees, game fees, uniforms and equipment • flexible payment options or free introductory sessions • necessary equipment is provided 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Run activities at a time and location that suits your family?	<ul style="list-style-type: none"> • training and competition schedules that consider school finishing and starting times • a location that your child may be able to walk/ride to • a location along the direct route to your work or your child's school • competition zones you are prepared to travel within 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Emphasise skill development, participation and enjoyment?	<ul style="list-style-type: none"> • coaches who recognise persistence, not just winning • social activities as well as competitive games • introduction of new skills sequentially • coaches who do not 'overplay' talented players, but give players equal attention • people with disabilities are welcomed and catered for • skill development occurs in each training session 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Have a welcoming environment for you and your children?	<ul style="list-style-type: none"> • an orientation day for parents and children • people of diverse races, ages and abilities are welcomed and catered for 	<input type="checkbox"/> <input type="checkbox"/>
Have activities that suit your child's interests?	<ul style="list-style-type: none"> • new things for your child to learn eg new skills, different activities • variety of group sizes • combination of self-directed and leader-directed activities • your child's friends are also in the club 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Based on *Active Choices – A Parent Checklist* – developed in partnership through the Ballarat Health Community Program and supported by the Central Highlands Sports Assembly, Sport and Recreation Victoria and the Australian Sports Commission.



CHECKLIST FOR PARENTS AND CARERS**SAFETY**

A major factor in any activity is the safety of your children. Prevention of injury is just as important as the treatment of an injury. It is important that the club you choose for your child places a high priority on injury prevention and ensures qualified staff and suitable equipment are easily accessible.

Does the organisation:	What to look for....	Tick
Have the equipment necessary for first aid?	<ul style="list-style-type: none"> fully stocked, easily accessible first aid kits at least one person trained in first aid present at all times coaches and officials with relevant accreditation 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Have coaches / leaders with appropriate 'Working with Children' check?	<ul style="list-style-type: none"> coaches and officials who have unsupervised contact with children have a blue card coaches and officials have provided character references a buddy system to ensure a young person is never alone with an adult coaches/responsible adults supervise children until they have been collected coaches and officials with relevant and up to date accreditation and qualifications 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Have suitable equipment and appropriate safety practices?	<ul style="list-style-type: none"> modified equipment for juniors regular maintenance and suitably adjusted equipment awareness and use of protective gear, padding and/or clothing appropriate insurance cover for juniors 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Have policies requiring people to refrain from drinking alcohol and smoking on the sidelines of junior games?	<ul style="list-style-type: none"> a smoke-free zone around perimeter of games an alcohol-free zone alcohol restricted to signed licensed areas around perimeter of junior games spectators kept sufficient distance from field/court 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Have a <i>Sun Smart</i> policy?	<ul style="list-style-type: none"> displays or items in newsletters to raise awareness of <i>sun smart</i> practices use of hats, sunscreen and water bottles at training sessions and competitions shade structures for players and spectators 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Use preventative measures and methods to prevent injuries from occurring?	<ul style="list-style-type: none"> stretching, warm-ups and cool-downs with each activity safe fields/courts (eg level, no unsafe surfaces) activity organisers making wise choices to cancel the activity if conditions are not safe 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
A code of behaviour with clear expectations for all participants?	<ul style="list-style-type: none"> codes of behaviour expectations clearly displayed addressing behaviour, fair play, equality and access for parents, coaches, spectators and players list of actions the club will take for breaches of code of behaviour positive role models education sessions for members on what harassment is and how to prevent it 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Based on *Active Choices – A Parent Checklist* – developed in partnership through the Ballarat Health Community Program and supported by the Central Highlands Sports Assembly, Sport and Recreation Victoria and the Australian Sports Commission.



CHECKLIST FOR PARENTS AND CARERS

GOOD SERVICE

It is important the club you choose for your child has a clear focus and direction. This may be in the form of a plan that states their goals, objectives and performance measures. It is important that you and your child, as members, can have input into the operation of the club.

Does the organisation:	What to look for....	Tick
Communicate regularly and effectively with parents?	<ul style="list-style-type: none"> • regular newsletters / updates • committee meetings with a circulated agenda and minutes • up to date notice boards • suggestion boxes • a process for dealing with complaints • a list and roster of parents/volunteers and the club's expectations to assist with miscellaneous tasks • sign-on days and information sessions 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Recognise the efforts and achievements within the club?	<ul style="list-style-type: none"> • awards/certificates recognising efforts and achievements of the players and coaches • recognition of young people in newsletter • annual presentations and award dinners/celebrations • have a talent identification pathway 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Links with local schools and state sporting bodies?	<ul style="list-style-type: none"> • support from teachers • hire/lending of equipment • use of school facilities/grounds • club stalls at fetes/market days • affiliation with state sporting organisation 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Have good communication, supervision and interaction skills with children?	<ul style="list-style-type: none"> • positive role models • staff who show interest, warmth, enthusiasm and positive leadership • appropriate language used • adequate number of staff for activity and number of children • closer supervision for younger children and high risk activities 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Promote child/peer interactions?	<ul style="list-style-type: none"> • children are encouraged to know each other by name • children show respect, and cooperate with each other, coaches and supervisors 	<input type="checkbox"/> <input type="checkbox"/>
Have suitable equipment and facilities?	<ul style="list-style-type: none"> • grounds well-maintained and appropriately marked • hygienic and well-maintained equipment • clean and accessible toilet and shower facilities • clean canteen that promotes healthy eating and drinking 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Based on *Active Choices – A Parent Checklist* – developed in partnership through the Ballarat Health Community Program and supported by the Central Highlands Sports Assembly, Sport and Recreation Victoria and the Australian Sports Commission.

