



## Tips for Sport Clubs and Coaches

### Parent Communications

Engagement between parents and athletes is an important component of monitoring travel to competitions. It helps athletes to feel safe and connected and provides another level of oversight. Clubs can encourage parent involvement by promoting transparency through information sharing and access to athletes. The goal is to maintain open lines of communication between parents and their children.

### Tips to Consider

- #1 - Provide parents with the cell phone numbers for all of the adults on the trip for emergency contact as well as information for all hotels and venues.
- #2 - Encourage athletes to use their cell phones and other forms of electronic communication during trips and encourage them to send information to their parents—especially regular updates from the road and changes to schedules.
- #3 - Dedicate times for athletes to contact their parents and provide a team cell phone for athletes who don't have their own cell phone.
- #4 - Provide a detailed travel itinerary including times and progress (such as reaching the airport/hotel, etc.) as well as the times of practice and competition.
- #5 - Establish an e-mail and text group for broadcasting information to parents as a group and set a schedule for broadcasting travel progress to parents.
- #6 - Communicate information in line with travel and communication policies. For example, administrators can list travel groupings and assigned chaperones to let parents know that procedures are being followed.
- #7 - Create a social media platform group for parents using Google+, Skype, Facebook or other channels to enable video and online communications at the team hotel.