



CÔD YMDDYGIAD RHIENI

1. Cofiwch fod plant yn chwarae iddyn nhw gael hwyl, nid chi
2. Anogwch blant i chwarae, peidiwch eu gorfodi
3. Canmolwch ymdrechion eich plentyn p'un ag ydynt yn ennill neu'n colli
4. Cymeradwywch bob chwarae da
5. Peidiwch byth gwawdio plentyn am golli neu wneud camgymeriad
6. Mae plant yn dysgu orau trwy ddilyn esiampl dda
7. Dysgwch y rheolau er mwyn deall yr hyn yr ydych yn ei wyllo ac yn rhoi sylwadau arno yn well
8. Dangoswch eich gwerthfawrogiad i bob swyddog, hyfforddwr a chynorthwywr
9. Condemniwch y defnydd o iaith dreisgar, gabledus ac unrhyw fath o gam-drin
10. Meddyliwch sut y gallwch helpu'r hyfforddwr a/neu'r clwb orau
11. Maent bob amser yn gwerthfawrogi chwarae da gan BOB person ifanc o'u clwb eu hunain a'r gwrthwynebwr.
12. Maent yn parchu penderfyniadau a wneir gan swyddogion y gêm ac yn annog y chwaraewyr ifanc i wneud yr un peth.

Mae Undeb Rygbi Cymru yn annog Rhieni i:

- Ymgyswddo â'r rhaglen hyfforddi er mwyn i'w plentyn gymryd rhan lawn ac er mwyn i'r hyfforddwyr fod yn ymwybodol o'u gallu.
- Ymgyswddo â'r dulliau addysgu a hyfforddi a ddefnyddir trwy arsylwi'r sesiynau y mae eu plentyn yn cymryd rhan ynddynt.
- Bod yn ymwybodol bod gan y clwb ddyletswydd gofal ac felly, lle y bo'n briodol, yn cynorthwyo'r hyfforddwyr i oruchwylio'r chwaraewyr ifanc, yn arbennig os yw'r niferoedd yn uchel ac mae angen cludo ieuencid i gemau oddi cartref.
- Cymryd rhan yng ngweithgareddau'r clwb a rhannu eu harbenigedd.
- Cadw ennill a cholli mewn persbectif, annog chwaraewyr ifanc i ymddwyn gydag urddas ym mhob sefyllfa.
- Cefnogi'r hyfforddwyr i sefydlu'r rhinweddau hyn

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PARENTS CODE OF CONDUCT

1. Remember that children play for their fun, not yours
2. Encourage children to play, do not force them
3. Praise your child's efforts whether they win or lose
4. Applaud all good play
5. Never ridicule a child for losing or making a mistake
6. Children learn best by following a good example
7. Learn the rules to better understand what you are looking at and commenting on
8. Show your appreciation to all officials, coaches and helpers
9. Condemn the use of violence, profane language and any form of abuse
10. Think of how you can best help the coach and/or the club
11. They always show appreciation of good play by ALL young players both from their own club and the opposition.
12. They respect decisions made by the match officials and encourage the young players to do likewise.

The Welsh Rugby Union encourages Parents to:

- Be familiar with the coaching and training programme in order that their child is fully involved and the coaches are aware of their ability.
- Be familiar with the teaching and coaching methods used by observing the sessions in which their child participates.
- Be aware that the club has a duty of care and therefore, where appropriate, assist coaches with the supervision of the young players, particularly where numbers are large and there is a need to transport youngsters to away games.
- Be involved with club activities and share their expertise.
- Keep winning and losing in perspective, encouraging young players to behave with dignity in all circumstances.
- Support coaches in instilling these virtues.

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