

**Forth Valley Disability Sport (FVDS)** is committed to the highest standards in sport and expects all coaches and athletes or volunteers to honour and observe the following code.

### **Respect for Others**

- I will respect the rights, dignity and worth of other athletes, players, volunteers, coaches, friends, families and spectators while representing FVDS.
- I will treat everyone equally regardless of disability gender reassignment, sex or sexual orientation, ethnic origin, marriage and civil partnership, pregnancy or maternity, religion or race.
- I will be a positive role model for other athletes, players and coaches.

### **Be Professional and Responsible**

- My manner, language, punctuality and preparation will be of the high standard expected by FVDS.
- I will be aware that I am representing FVDS while training and competing and will ensure that I do not bring FVDS or my sport into disrepute. This includes personal behaviour and communication including social media.
- I shall communicate in advance to FVDS if I am ill or unable to attend any training session, competition or event.
- I will display control, respect, dignity and professionalism to all involved and associated with FVDS (other athletes, players, opponents, teammates, officials, coaches, administrators, parents and spectators).
- I will encourage other athletes, players and coaches to demonstrate the same qualities.
- I will refrain from any form of personal abuse towards athletes, players, coaches and others, including verbal, physical and emotional abuse.
- I will be knowledgeable about the sports rules required for each sport I am involved.
- I shall set exemplary standards in dress and uniform for the sports with which I am involved.
- I will try at all times to ensure that I am ready to compete and, in a position, to perform to my full potential.
- I shall practice and play within the spirit of the game and always uphold the highest standards of fair play.
- I will comply with relevant FVDS policies and procedures and confirm that I have read and understood the following:
  - Equality Policy
  - Child Protection and Vulnerable Adult Policy
  - Risk Management Policy
  - Complaints and Disciplinary Procedures
  - Volunteer Policy (Coaches Only)

### **Health and Safety for Athletes, Players and Coaches**

- I will ensure as far as I am able that any equipment I use and facilities I access are safe to use.
- I will be aware of my limitations as an athlete or coach that are highlighted on any medical information that I provide for FVDS.

- I will maintain the same interest and support to any injured or sick athletes, players and coaches.

I understand that if this Code of Conduct is violated in any way, it could prohibit me from being involved with Forth Valley Disability Sport

Signed: \_\_\_\_\_ Print Name: \_\_\_\_\_

Date: \_\_\_\_\_