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**DESPORTO  
SEM**

**bullying**



**DEIXA-ME  
EM PAZ!**

**CODE OF CONDUCT  
YOUNG ATHLETES**



## CODE OF CONDUCT FOR YOUNG ATHLETES

Sports clubs should be able to offer positive experiences to young athletes, by ensuring a secure space for different types of learning and healthy development.

.....(club name) pledges to ensure the security and promote the development of its members, including athletes, parents, coaches, sports managers and other club associates/employees. Members should show respect and understanding for the safety and well-being of one another. Therefore, it is also their duty to share any concerns or complaints they may have about any aspect of their club.

As an athlete for .....(club name) the following code of conduct is expected of you:

### Young athlete's duties

#### General Rules and Relationship with the club's resources

- Abide by the rules listed in the club's Code of Discipline
- To be considerate when utilizing the club's spaces, as well as taking care of its equipment and resources.
- Show contribution in making the club a pleasant place of healthy socialization amongst its members.
- To attend and be punctual, informing whoever is in charge when you are not coming, or going to be late.
- To wear adequate sports clothing (training and competitively)
- To pay for sporting activities in timely fashion.

- To know you can always go to the young athlete's support office when you need to express your concerns
- To always tell someone if you or others have been assaulted or menaced in any way.

### **Relationship with your coach**

- To listen to the coach's instructions and respect him
- To obey the rules enforced by the club's members when you travel to compete

### **Relationship with your colleagues**

- To be loyal and give your colleagues a second chance
- To be friendly and assist in your fellow's integration
- To support and aid your colleagues whenever necessary
- To respect your colleague regardless of skill level, cultural, ethnical and religious background, as well as gender and sexual orientation.
- To support your teammates even if they are doing poorly
- To promote team spirit.
- Never engage in behaviours caused by peer pressure or lead your colleagues astray to do something they don't want to take part in.

### **Disruptive behaviour**

- To report inappropriate behaviour and risk situations to club management.
- Don't play rough or in a dangerous, persistent fashion in order to intimidate.
- No bullying of any kind.

### **Fair-play**

- To play by the rules, respect the game's/training boundaries and never be violent or aggressive
- To respect referees and accept their decisions.
- To respect opponents, to know how to take defeat and be modest in victory
- To shake hands before and after the competition, regardless of the score
- To respect everyone's rights, values and dignity, regardless of race/ethnics, age, gender, sporting performance or skillset, socioeconomic status, religion and sexual orientation
- Do not use inappropriate language (swear words, homophobic and racial slurs, etc.)

### **Commitment**

- Trying your best and participate with fair play.
- Represent your club with pride and dignity

## Young athlete's rights

### Fundamental rights

- To be treated with dignity, sensibility, respectfully and in a friendly manner
- To participate on the grounds of equality, in an adequate manner regarding their skillset and experience competition in a level they are comfortable with
- To be given their privacy and necessary confidentiality
- To have fun and enjoy the activities

### Safety

- To enjoy their activity in an adequate space and protected environment
- To be protected of abuse by their coaches, colleagues, managers and sources outside the club
- To feel safe and protected against bullying

### Participation

- To have an active voice inside the club: to be able to make comments or suggestions in a constructive fashion
- To be heard: to be able to make complaints and taken seriously by the management and have them adequately handle the situation
- To express their concerns and, if needed, to get specialized assistance.
- To say "No!"

## Young athletes should never

### General Rules and Relationship with the club's resources

- Lie and spread rumors
- Smoke during club activities or when representing the club in a competitive context
- Indulge in alcohol or drugs during club activities or when representing the club in a competitive context

### Relationship with your colleagues

- Use violence regarding others, or physical contact beyond the rules
- Deliberately cause any sort of damage to colleagues, opponents or their property (pitch, club, materials, etc.)

### Disruptive behaviour

- Adhere to bullying
- Maintain secrecy in case of damage

### Health

- Take prohibited substances
- Train or play when not fit.

### Fair-play

- Go against the rules
- Yell at referees, colleagues, opponents and/or coaches
- Use unacceptable language, including racial slurs.



## Final notes

Any breaches of this protocol, and the unfit behaviours will be reported to the coach or anyone responsible. Severe penalties may result in disciplinary action, which might lead up to the athlete's expulsion from the club. Parents will be contacted and kept up to date on every situation.

Disciplinary actions can be suggested by the coach or other employees of the club, pending the club's board approval.

## Identification

Athlete's name:

Athlete's contact information:

Athlete's signature:

Legal guardian's name:

Legal guardian's contact information:

Legal guardian's signature:

Date:



