



Code of Conduct for Athletes

Sportsmanship

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches and my team.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers or staff.

Training and Competition

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials and ask questions when I do not understand.
- I will always try my best during training, divisioning and competitions.
- I will not "hold back" in preliminaries just to get into an easier final heat.

Responsibility for My Actions

- I will not make inappropriate or unwanted physical, verbal or sexual advances on others.
- I will not drink alcohol, smoke or take illegal drugs while representing G.D.F.C. at training sessions or during competition.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws.
- I will not make false accusations about any coaches or players and will raise any concerns I have to the Safeguarding officer or another member of the G.D.F.C. coaching staff or committee.

I understand that if I do not obey this Code of Conduct G.D.F.C. may not allow me to participate.