

# Gravesham Life Saving Club

## Codes of Conduct for Participants

### As a Participant I will:

- Read and keep to this Code at all times.
- Treat everyone equally and do not discriminate on the grounds of age, religious beliefs, race, gender, social classes, lack of ability or any other consideration.
- Be a positive role model and a good ambassador for my Club and act in a way that displays the values of RLSS UK.
- Be responsible for my actions and conduct myself in an appropriate manner and display courtesy and good manners to others.
- Respect and cooperate with everyone and never engage in abusive peer behaviour e.g. take unfair advantage of others, pick on or make fun of each other including displaying bullying, offensive, discriminatory or aggressive/inappropriate behaviour or language.
- Not abuse or misuse any relationship of trust or position of power, or influence held by me.
- Report any concerns about myself or others especially, children or adults at risk to the Club Welfare Officer, Branch Safeguarding Officer or Safeguarding Case Officer at RLSS UK HQ.
- Promote club rules, policies, procedures, guidance and codes of conduct to other participants especially those new to the club.
- Play fairly within the rules of the sport, competition or event and never deliberately cheat or be dishonest.
- Be responsible for informing my club or event organisers about any known medical condition, previous injuries, illness, disability or additional support needs that may affect my participation in activities, sports, competition and events.
- Not participate under the influence of alcohol or illegal substances.
- Not improve individual performance with the use of banned substances or banned techniques.
- Not do and say nothing that will bring RLSS UK and the Club into disrepute for e.g. making an inappropriate comment or communication about a fellow participant, club official, event organisers, volunteer, staff or coach/instructor/trainer/assessor including but not exclusive of social media, email, direct or physical communication.
- Accept the decisions of Officials without question or complaint. If I have a complaint, I will let the person responsible for the activity e.g. the Event Organiser, Team Captain, Trainer or Coach, to ask the necessary questions and avoid words or conduct which may mislead an Official.
- Give maximum effort and strive for the best performance during a training session, competition or an event.
- Hold the correct qualifications for the level of competition or event I am participating in.
- Learn to accept success and failure, victory and defeat with humility and dignity and without excessive emotional displays.
- Abide and follow the instructions given by the person responsible for the activity or event provided it does not contradict the Codes of Conduct.
- Applaud good performance of other participants regardless of the team they play for.
- Abide by disciplinary sanctions that might be imposed on me.
- Always remember that the aim of participating in RLSS UK activity including lifesaving is to improve my skills, it is not about the results.