# **Athlete Code of Conduct**

## **Sportsmanship**

I will:

- ✓ be a good sportsman or sportswoman at all times
- ✓ act in ways that bring respect to me, my coaches, my team and Special Olympics as a whole
- ✓ not use bad language or insult other people
- ✓ not fight or physically challenge other athletes, coaches, volunteers or staff

### **Training and Competition**

I will:

- ✓ train regularly as requested by my coaches
- ✓ try my best to learn and follow the rules of my chosen sport or sports
- ✓ listen to my coaches and officials and ask questions when I do not understand
- ✓ try my best at all times during training, divisioning and competitions.

### Responsibility for your actions

I will:

- $\checkmark$  not make inappropriate or unwanted physical or verbal advances to others
- ✓ not smoke during Special Olympics training or competition and follow general restrictions at social events
- ✓ not drink alcohol at Special Olympics training or competition
- ✓ abide by instructions I am given relating to drinking alcohol at Special Olympics social events
- ✓ not take illegal drugs to improve my performance or recreationally
- ✓ obey all Special Olympics rules relating to my sport(s) and other Special Olympics activities

If I am unsure whether I am complying with this Code or I have a good reason not to comply, I will approach my Coach or National Office for a ruling

(The above code is what you signed when you filled in your registration forms.)



## **National Summer Games**

## At all times (including at the games venues and on outings)



### I will:

- ✓ remain with members of the team and not wander off on my own
- √ follow instructions given by the volunteers (includes coaches/managers)
- ✓ be willing to assist those who need help
- ✓ look after my own belongings
- ✓ respect others' space, privacy and belongings.
- ✓ let a volunteer know if I feel unwell or need help
- ✓ let a volunteer know if I am concerned about the behaviour of others

### When travelling

#### I will:

- ✓ be aware that other passengers may want to rest, so will talk or listen to music quietly
- ✓ stay seated while the bus or van is moving
- ✓ Follow instructions from the driver

### At the hostel

#### I will:

- ✓ follow instructions given by the volunteers
- ✓ stay on the hostel level I have been assigned and only go to another level after receiving permission from a volunteer or am with a volunteer
- ✓ not go out of the hostel unless I am with a volunteer
- ✓ not go into other people's bedrooms. If I want to talk to another athlete or volunteer who is in a bedroom, I will knock first, wait till the door opens and stay outside their room
- ✓ let a volunteer know where I am going within the hostel
- ✓ knock and wait before entering a bathroom to make sure it is empty.
- ✓ turn out my light at night and turn off my cell phone and/or other electronic gear when requested



