



# Code of Conduct for athletes

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V1.2

York Karate

8/22/2018



## **Code of Conduct for Athletes**

### **As a responsible athlete you will:**

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in karate and treat everyone equally.
- Uphold the same values of sportsmanship out of karate as you do when engaged in karate
- Cooperate fully with others involved in the sport such as coaches/instructors, technical officials, doctors, physiotherapists and representatives of the JKS governing body in the best interests of the yourself and other athletes
- Consistently promote positive aspects of karate such as respect and never condone poor behaviour or violence
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your instructor that you are seeking or receiving medical care or treatment
- Always thank the instructors and officials who enable you to participate in karate.

### **As a responsible Athlete, when participating in or attending any karate activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave training/competition venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding equipment used in the course of your karate activity

### **In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in karate**

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to karate such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements



- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in karate to the club welfare officer as soon as possible.

**For contact information for the Club Welfare Officer, please visit [www.yorkkarate.net](http://www.yorkkarate.net)**