



## Codes of Conduct

**Approved by: Europe & Jan Louise/Margaret Coleman**

**Approved: 16<sup>th</sup> June 2023**

Netball Portugal Club is an Association established 31<sup>st</sup> Oct 2023. The club undertakes both running netball and walking netball and children and youths' netball. Whilst the rules of these differ slightly, the term netball will be used for brevity; however, this Code of Conduct applies to both formats.

The National Governing Body of Netball in Portugal is in its infancy and once the Governing body is confirmed, which is imminent then this will be included in this code of conduct.

Netball Portugal Club became an emerging member of Europe in 2022 –Netball Portugal is now recognised as an emerging member of Netball Europe. (<https://netballeurope.com>)

Netball Portugal Club Our Codes of Conduct are underpinned by the core values of the National Governing Body (NGB) & Federation of European Netball Association (FENA) of Europe.

### Players' code of conduct

I will **RESPECT**:

- The rules, regulations and requirements of netball, including, but not limited to, any competitions in which I participate either directly or indirectly
- The rights, dignity and worth of all people involved in netball, regardless of gender, marital status, race, cultural background, colour, disability, sexuality, age, occupation, religion or political opinion
- Confidentiality and the sensitivities of information I hold on other individuals
- The coaches, by keeping to agreed timings for training and competitions (or informing them if I am going to be late) and giving my full attention
- Netball and the individual's reputation and not take any action or make inappropriate comments about a fellow team member, opponent, coach, committee member or official that will bring the club or the sport into disrepute; including making comments on social media technology

Netball is based on **TEAMWORK**, which includes looking out for each other, therefore I will:

- Remove jewellery (or tape if appropriate and agreed by the coaches), ensure nails are cut short and wear suitable kit for training and match sessions
- Pay any fees for training or events promptly

- Inform the coaches of any injury or medical condition which may affect my performance or ability to participate
- Recognise that individuals bring different qualities and attributes but “together we will excel”
- Be friendly and approachable to others, work with different people and try to build new friendships
- Be supportive and committed to other team members, offer comfort when required

I recognise individuals participate in Netball to **ACHIEVE** and have **FUN**, therefore I will:

**Enjoy the game, and ensure others can also enjoy it by recognising that people have different motivations for playing the game**

- Recognise the achievements of others and applaud their successes
- Promote the positive aspects of netball and never use, or condone the use of, inappropriate or abusive language, inappropriate relationships, bullying, harassment, discrimination or physical violence
- Display modesty in victory and graciousness in defeat; be sporting whether I win or lose, always acknowledge the other team and the umpires at the end of the game (perhaps with a hand shake or three cheers)
- Never argue with an official or participant during a game and listen to and cooperate with officials’ decisions
- Not impinge on others enjoyment of netball, or my own performance, by consuming alcohol or smoking immediately prior to, or while, participating in the sport

I will endeavour to abide by this code of conduct and promote it to others. I understand that if I fail to follow the code, the team committee may take action against me under the Disciplinary Regulations which may result in sanctions including fines and suspension.

At present, members must be over the age of 18, however as we progress this will change. In the meantime, any children are welcome to attend and observe but must be fully supervised at all times.

Coaches code of conduct

In addition to following the players’ code of conduct, I will demonstrate **EXCELLENCE** and **INTEGRITY** in my **LEADERSHIP** of players and ensure that training and matches are **PARTICIPANT FOCUSED**, so will:

- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players
- Not expose players to extreme heat or cold or unacceptable risk of injury
- Obtain, and maintain, appropriate qualifications for the role I am undertaking
- Keep up to date with the latest coaching practices and developments
- Be a positive role model
- Demonstrate patience, encouragement and motivation to the players; including providing positive and constructive feedback to help players improve and perform to the best of their ability
- Treat players equally and not discriminate against any player or show favouritism
- Provide a safe, fun environment in which to train and play
- Operate within the rules and spirit of netball and teach my players to do the same

- Provide opportunities for players to take part in matches/tournaments whenever possible and prepare them for the activity / event
- Choose players for match games based on a combination of their skills, commitment to training and desire to take part

I have read this Code of Conduct, understand what the Club Netball Portugal expects of me as a member and will abide by the rules contained here within.

Name: .....

SIGNED: ..... DATE: .....