

PLAYER CODE OF CONDUCT



The adults at your club should help to make sport safe and fun. This is your job too. This means respecting other players and the people who are there to help you to learn. You should do this by:

- Accepting what the coach or match officials ask you to do in the rules of the game
- Being prepared and on time for training and competition
- Playing to the best of your ability
- Respecting the coach and other helpers
- Never swearing at or insulting anyone, including other players
- Telling your parents or carers where you are, or if you are going to be late
- Following advice from sport doctors or physios to keep you safe and injury free
- Never bullying other players either yourself or in a group

Bullying can happen between children, peers or adults and children. It means things like:

- name calling
- belittling
- giving only negative feedback
- hitting
- shoving
- stealing
- damaging belongings
- spreading rumours
- making threats
- sending/posting nasty messages
- intentionally leaving people out

If you are worried about something don't keep it to yourself. Speak to an adult who you know and trust such as a parent, teacher, the Child Wellbeing and Protection Officer at your club, a guidance teacher, doctor or school nurse.

If there isn't anyone you can talk to, you can contact ChildLine in Scotland on 08001111 or www.childline.org.uk.