



UK SPORTS ASSOCIATION
FOR PEOPLE WITH LEARNING DISABILITY

CODE OF CONDUCT & GOOD PRACTICE GUIDE

FOR GB ATHLETES

CODE OF CONDUCT FOR GB ATHLETES

FOR ALL GB ATHLETES

This document is to tell you what rules you should follow when you are invited to join the Great Britain Squad to represent your country. The rules should also be followed whenever you wear your GB tracksuit and people can see you are a Great Britain athlete.

You are representing your country so it is important you behave correctly and always give a good impression.

Words Used in this Document

“Team GB” -

This means the same as the GB Squad. The GB Squad is everyone who is there representing Great Britain. It means athletes and staff or escorts. The GB Squad is selected and managed by UKSA.

“**Athlete**” – This word is used when we are talking about any person who competes in swimming, athletics, table tennis or football and is part of a Squad. It is easier for us to use just one word.

What do you Need to Do with this Document?

You need to read the document carefully or have someone read it to you. You may want to ask questions too to make sure you understand everything in it. When you have done this, you must sign the last page and send it back to UKSA.

Every athlete is expected to agree to and respect the rules in this document so that they can be part of Team GB.

CODE OF CONDUCT FOR GB ATHLETES

A BEHAVIOUR AND PERSONAL CONDUCT

1. You are representing Great Britain so it is important to be well behaved at all times.
2. You should always use language that is respectful to others. Never use swearing or any other bad language.
3. Listen and follow the instructions that staff give to you. If you are in a group make sure you listen to whoever is speaking.
4. Respect other people and respect their wishes. For example, if someone has asked you to turn your music down, then do it. If people in your room want to sleep, then let them.
5. Show respect to Officials, other Teams and Spectators.
6. Staff should work respectfully with each other, athletes and other people whom they encounter at all times.

B SMOKING

1. UKSA does not agree with you smoking. You are a GB athlete and smoking seriously damages your health and could kill you.
2. You must not smoke in public when you are wearing your GB kit. This includes when you are travelling to a venue, or just before or after an event or training session.
3. You must not smoke if your Team Manager has asked you not to.
4. Your Team Manager will tell you when you can smoke, but only athletes who are old enough under UK law will be allowed to smoke.

C DRINKING ALCOHOL

1. You must not drink alcohol before or during your competition and event schedule.
2. No one under 18 is allowed to drink alcohol at any time. If the laws of the country

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you are in say no one under 21 (or another age), is allowed to drink alcohol then you must obey that law too.

3. Your Team Manager may give permission if there is an appropriate time after the competition has finished when it is okay to drink alcohol.

D PERSONAL APPEARANCE

1. You are representing Great Britain so it is important that you look smart, clean and tidy at all times.
2. You should wear the GB kit when your Team Manager asks you to.
3. When the Team Manager asks you to wear a certain type of clothes for dinner or to travel in, you should make sure you do as they ask.
4. You should make sure you wear suitable clothes for each occasion. Your Team Manager and UKSA will guide you on this. You should not wear any tee-shirts with rude slogans or clothes that are too revealing.
5. Examples of appropriate clothes are:

Formal functions	-	suit and tie/smart skirt and blouse
Evening dinner	-	smartly dressed – no jeans/trainers
Daywear	-	GB kit/polos
Travel	-	Black/navy bottoms with GB polos
Competition wear	-	GB kit
Relaxation time	-	Casual, respectable, appropriate clothing

E ATTENDANCE

1. You should attend parades, meetings, events and other functions when their Team Manager asks them to.
2. You should make sure you are on time.
3. You should make sure you have everything you need.
4. You should attend all meals with the GB Team and make sure you have enough to eat and drink.

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F DRUGS

1. You should never use illegal drugs and substances.

G DOPING TESTS

1. You should make sure you fill in the Dope Testing forms sent to you by UKSA.
2. If you are called for a dope test at competition you should make sure you have a GB staff member with you that you are comfortable with.
3. You should make sure you tell the staff member if you have taken any medication.
4. You should listen to the advice of the GB staff member.

H MEDICATION

1. You should make sure UKSA and your Team Manager have up to date information about any medication you are using or taking.

I ROOMS

1. You may go into other athlete's rooms but only on the following conditions
 - a) You have been invited by all who are staying in that room.
 - b) You have the permission of the Team Manager or most senior staff
 - c) There are at least 2 other males or 2 other females in the room
 - d) The door is left open at all times.
2. You should never share a room with a staff member, unless it is a family member you are happy with and this has been agreed with UKSA.
3. You should never go into or stay in the room of an athlete from another country.
4. You should never go into or stay in the room of someone of the opposite sex or someone under 18 on your own without guidance from your Team Manager.

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5. You should never allow someone you don't know into your room.
6. You should always tell your Team Manager if there is something worrying you or upsetting you about the room you are in.

J PRESS & PHOTOGRAPHY

1. You should respect everyone's privacy and do not take photographs unless you have their permission.
2. You should check with your Team Manager to make sure it is okay to take photographs.
3. You should never speak to the press or do interviews without the permission of your Team Manager.

K COMPETITIONS, WARM UPS AND TRAINING

1. You should follow the advice and instruction of your GB Coach in competitions, warm ups and training. You should respect the rules of your sport.
2. You should make sure that you train and prepare well for the GB trip.

L GENERALLY

1. You should make sure you get enough sleep when you are away so you can compete well.
2. You should try hard at every event and competition and do your best.
3. You should set good examples for others.
4. You should accept the referee's decision without arguing.
5. You should set a good example if you win or lose.

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M IF YOU BREAK THE CODE OF CONDUCT

1. If you break anything in the Code of Conduct, the Team Manager will look into the problem and decide what to do.

The Team Manager may

- a) Remind you about the Code of Conduct
 - b) Ask you to leave the event or competition
 - c) Ask you to do something else
2. The Team Manager will keep a note of what happened and tell UKSA.
 3. UKSA will look into it and decide what should happen. UKSA will talk to your Sports Governing Body to see what they would do.
 4. UKSA will decide on what penalty you will have.
 5. UKSA will keep a note of the whole thing on your file and think about this before they invite you to represent Great Britain again. If it is a very serious matter, you may not be asked to join a Great Britain Squad again.

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UKSA'S PROMISE TO EACH ATHLETE

1. UKSA will talk to the Team Manager and Staff to make sure that the plans for the GB Squad is put in place.
2. UKSA will tell you when the competition is and what you need to do to be considered for selection.
3. UKSA will do its best to make sure everything goes well.

UKSA EXPECTS EVERY ATHLETE TO PROMISE

1. To work hard with their Home Country to make sure they keep performing well and getting better.
2. To compete at GB selection events if there are any.
3. To take part in Training camps and Team meetings.
4. To give UKSA up to date information and make sure I tell them of any changes.
5. To train regularly and properly to make sure they can perform as well as possible.
6. To tell UKSA if they are unwell, injured or unfit to compete at a GB event.
7. To attend events to help UKSA promote sport.
8. To represent Great Britain well and in a positive way.
9. To work well with and respect other Team Members.
10. To respect UKSA's decisions and obey the Code of Conduct.

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ATHLETE ACCEPTANCE AND AGREEMENT

I have received the Code of Conduct from UKSA. I have read the Code of Conduct or someone has read it to me. I understand what is expected of me as GB athlete. I agree that I will do everything I can to make sure I obey the Code of Conduct.

Athlete Signature.....

Print Name

Date Telephone

Address

.....Post code.....

A Parent or Legal Guardian should sign below if the athlete is under 18
An Advocate should sign below if it is appropriate to do so in the case of an athlete over 18

Signed

Print Name

Date Telephone

Address

.....Post code.....

Please sign and return this page only to:

**UK Sports Association for People with Learning Disability,
1st Floor, 12 City Forum, 250 City Road, London EC1V 2PU
Tel: 0207 490 3057**

You should keep the other pages for your records.