



CODE OF CONDUCT FOR COACHES

1. Be respectful in your conduct

- a. Treat every athlete the same, irrespective of age, gender, race, sexual orientation, disability, political opinions, origin, religion, or social standing.
- b. Show respect for the individual, irrespective of his/her competence or ambition to succeed.
- c. Show respect for the opponent and promote all athletes to do the same.

2. Be honest

- a. Follow the rules of your sport, emphasize honesty (fair play) and encourage the athletes to do the same.
- b. Promote a positive and sporty environment, free of narcotics and performance enhancing drugs.
- c. Exercise utmost confidentiality and caution when handling and possessing personal information. Exemption from the rule of confidentiality may only take place if there is a pressing need to do so and if this conforms to law.
- d. Never participate in betting, gambling, or trading in connection with sports events whose outcome you may affect.

3. Be a good role model both inside and outside the sports arena

- a. All athletes deserve attention and equal opportunity.
- b. Do your utmost to see to it that the athletes get the most out of their training.
- c. Be fair, considerate, and honest.
- d. Promote a healthy lifestyle by setting a good example.

4. Respect the work and duties of the coach

- a. Make demands upon yourself regarding use of words, conduct, punctuality, preparation, and teaching/training.
- b. Show respect for the sport and the club and abide by the rules.





- c. Exercise ambition in your work and seek ways to expand and increase your knowledge.
- d. Plan your work with respect to the competence and maturity of the athletes.
- e. Be unafraid to seek collaboration with other coaches or experts.
- f. Take your leadership role seriously and use your position in a constructive manner.
- g. Keep the athletes and their relatives informed about the training.

5. What serves the athlete the best?

- a. Ensure a safe environment and that the facilities suit the age and maturity of the athletes.
- b. Place the health and safety of the athletes at the top of your priorities, and refrain from placing them in situations that might jeopardize their health and safety.
- c. Pay attention and show care for those who have suffered injuries and those who turn to you because of mental discomfort.
- d. Refrain from placing yourself in a position of being alone with an athlete.

6. Violence is not tolerated in the sports movement

- a. Be alert and take necessary steps against any violence, i.e., physical, sexual, and mental.
- b. Do not abuse your position and power sexually or in any other manner.
- c. Refrain from making physical contact with the athletes unless this is a vital part of the training.
- d. You are obligated to notify the child protection service if there is any suspicion of a child having been neglected, abused or lives in circumstances that may jeopardize his/her health and development.

I have read and studied these Codes of Conduct for Coaches and will abide by and honor them in my work for the club.

Full name and ID no.

Telephone number and email address





CODE OF CONDUCT FOR ATHLETES

1. Conduct yourself with dignity

- a. Treat everyone the same irrespective of age, gender, race, sexual orientation, disability, political opinions, origin, religion, or social standing.
- b. Show respect for individuals irrespective of his/her competence or ambition to succeed.
- c. Show respect for the sport, and abide by its rules, customs, and practices.
- d. Show respect for the opponents, the referees, the parents/custodians, the volunteers, the coaches, and other staff.
- e. Contribute to creating a positive atmosphere, free of physical, mental, and sexual violence.

2. Be honest

- a. Follow the rules of your sport and conduct yourself with perfect integrity and courtesy, both towards yourself and others.
- b. Contribute to create a positive atmosphere and an environment free of narcotics and performance enhancing drugs.
- c. Never participate in betting, gambling, or trading in connection with sports events where you might affect the outcome. Never provide information about sports that you personally or others might profit from.

3. Be a good role model, both on and outside the field

- a. Be responsible for your own actions and conduct.
- b. Do your utmost to get the most out of your training.
- c. Be fair, considerate, and honest, and bear in mind that you are a role model for younger athletes.
- d. Adopt and exercise a healthy lifestyle.
- e. Do not misuse your position and authority through sexual behavior or by other means.





CODE OF CONDUCT FOR BOARD MEMBERS AND STAFF

1. Conduct yourself with integrity

- a. Treat everyone the same, irrespective of age, gender, race, sexual orientation, disability, political opinions, origin, religion, or social standing.
- b. Respect the opinions of others.

2. Be honest

- a. Abide by the rules of the sports movement, promote honesty (fair play) and encourage all club members to do the same.
- b. Promote a positive and sporty environment, free of narcotics and performance enhancing drugs.
- c. Exercise utmost confidentiality when appropriate.
- d. Never participate in betting, gambling, or trading in connection with sports events whose outcome you may affect. Never provide information about sports that could generate monetary profit for you or others.
- e. Avoid or notify financial and personal conflicts of interests.

3. Be a good role model for club members

- a. Always exercise exemplary conduct and behavior, both within and outside the club.
- b. Honor democratic rules and transparency in your decision-making and supervise in conformity with the Rules on Responsible Financial Management.
- c. Be fair, considerate, and honest.
- d. Exercise ambition in your work and responsibility for your own conduct.
- e. Do not misuse your position and authority through sexual behavior or by other means.

4. Respect the club's activities

- a. Know the statutes and rules of the club.
- b. Safeguard the spirit and values of the club.
- c. Respect democratic work procedures.





- d. Show respect for sports, and respect their rules, customs, and practices.
- e. Exercise respect towards all athletes, the referees, the coaches, and the staff, and promote the athletes and the club members doing the same.
- f. You are obligated to notify the child protection service if there is any suspicion of a child having been neglected, abused or lives in circumstances that may jeopardize his/her health and development.





GUIDELINES FOR CONDUCT OF PARENTS/CUSTODIANS

1. Remember your child is in sports for him-/herself, not for you.
2. Encourage your child to participate in sports - do not force the child to do so.
3. Encourage all children, not only yours.
4. Be positive in your attitude, also when the results in sports could be better.
5. Show respect for all athletes, the referees, the volunteers, coaches, and other staff.
6. Show respect for the children's rights – every child is unique.
7. Remember that the role of the coach is to train, while the parents' role is to encourage.
8. Inform in instances of teasing, mobbing, or harassment.
9. Show respect for the club's activities and be an active participant.
10. Do not misuse your position and authority through sexual behavior or by other means.
11. Never participate in betting, gambling, or trading in connection with sports events whose results you may impact. Never provide information about sports from which you personally or others might profit.
12. You should notify the child protection service if there is suspicion of a child having been neglected, abused or lives in circumstances that may jeopardize his/her health and development.

