

# Paddle UK Athletes Code of Conduct

Your behaviour and attitude influences those around you, and in turn the behaviour and attitudes of others influence you, too! When behaviours and attitudes are positive, all athletes, and those supporting them, can thrive. By behaving in line with the Paddle UK<sup>1</sup> values we represent ourselves *and* our sport positively, and we set a good example to all.

## **EVERY PERSON MATTERS**

- Demonstrate respect to other paddlers, coaches, parents, volunteers and support staff.
- Treat each other fairly and with empathy.
- Be respectful towards each other's equipment and personal property.
- Be responsible and respectful when using social media – think before you post!

## **STRONGER TOGETHER**

- Be inclusive by communicating and collaborating with the other paddlers in your squad/programme.
- Seek to build positive and professional relationships with coaches, support staff and volunteers.
- Do not display or condone intolerance or discrimination in any form.
- Adhere to rules and expectations set by your group, coaches or leaders, at training, camps and competitions.

## **ENJOYING THE JOURNEY**

- Contribute to a positive environment and a supportive team culture.
- Support the effort and performances of other athletes.
- Make the most of the opportunities given to you as part of your involvement in the sport.

## **STRIVING FOR EXCELLENCE**

- Respect the resources, coaching, and support available to you.
- Share and receive feedback positively and constructively, and learn from mistakes.
- Attend competitions, training sessions, meetings or other commitments as required, ready to engage and give your best. Where this is not possible, speak to your coach in advance.

## **ALWAYS WITH INTEGRITY**

- Demonstrate positive sporting behaviour and take responsibility for your actions.
- Be committed to clean sport and be proactive in understanding anti-doping rules.
- Report any concerns honestly about issues which impact upon your own welfare, or the welfare of others.
- Be reasoned, respectful and honest if commenting on fellow athletes, coaches, Paddle UK, volunteers or our partners.

## **INDIVIDUALLY COMMITTED**

- Seek to obtain the high level of health and fitness required for consistent training and competition as an aspiring elite athlete. Inform your coach of any injury or illness that might affect performance.
- Keep your training environment, boat, equipment, and Paddle UK kit in good condition.
- Communicate with your coach and support staff and complete necessary responsibilities in a timely manner.

In order to maintain a positive environment it may at times be necessary to address behaviour that falls short of these values. If it's deemed that behaviour has fallen short of our values according to this Code

---

<sup>1</sup> Paddle UK is a trading name of British Canoeing which is a Company registered at Companies House with the registered number 01525484.

then appropriate action will be taken, which might involve informal resolution, educational interventions, or disciplinary action in line with our policies and procedures. Please note that by signing this Code of Conduct you also accept the relevant Terms and Conditions.

“I confirm that I have read and understood this Code of Conduct and the [Terms and Conditions](#).” (Not applicable to World Class Programme athletes who sign up to this Code of Conduct by signing their Athlete Agreement, which includes the relevant Terms and Conditions.)

Name (athlete): \_\_\_\_\_ Date: \_\_\_\_\_

**IF UNDER 18** Name (parent/carer):

\_\_\_\_\_ Date: \_\_\_\_\_

Signed (athlete): \_\_\_\_\_

**IF UNDER 18** Signed (parent/carer):

\_\_\_\_\_