



## One Team Code of Conduct

This code of conduct applies to all members of the Team (Athletes, Reserves, Managers, Coaches, Sports Therapists and Helpers) and as appropriate, to those who are a Parent or Guardian of a Young Person Team Member)

### Your Behavior

I Fully undertake my role as an ambassador and role model for my Club, my Region, Governing Body and GBR Lifesaving before, during and after any event in which I participate.

I will conduct myself at all times to the highest possible standards of behavior

I agree to wear GBR Lifesaving Team branded kit whenever required and at all representative events, including Opening and Closing Ceremonies

I will not comment publicly or through social media about any selection decisions before, during or after the Selection process or during the embargo period,. (the embargo period is to allow time for Selectors to speak with those not selected before the Team announcement)

### Your Team and Your Training

I will respect all decisions made by the Selectors, the Team Managers, Coaches and/or their Assistant(s)

I will attend the GBR Lifesaving training sessions or give due notice and good reasons for non-attendance

I agree to follow all agreed training and competition programmes

I will be a 'good sport'. Applaud all good play whether by team mates or opponent/s

I agree to be mutually considerate of the physical and mental well-being of fellow squad/team members at all times, particularly with regard to shared accommodation and facilities and the creation of a positive and supportive team spirit

### Your Sport

#### I agree to:-

Operate within the rules and the spirit of lifesaving sport.

Observe the Fair Play Code for Lifesaving Sport, as included in the ILS and ILSE Competition Rulebooks

Respect all competitors, and treat all opponents, as you would like to be treated yourself

Display control, respect, dignity and professionalism to all involved in your sport

Respect and never openly or directly challenge the decisions of Referees and Officials

Win with humility – lose with dignity

Ensure strict compliance with the Anti-Doping regulations at all times, including notification of any

Therapeutic Use Exemption (TUE) certificates within required timelines, and any Out- of-Competition

Testing processes that may be applied or requested at any time.





## Alcohol

There is a zero-tolerance policy for all Team Athletes and Reserves (and as appropriate for Management Team members) regarding the consumption of alcohol during pre-event training and whilst attending GBR Lifesaving events. This is clarified as follows:

Team Athletes under the age of 18 are prohibited from taking alcohol at all times and regardless of local laws relating to age, are deemed to be under the responsibility of the Management Team at all times.

For athletes under 18 years of age the zero-tolerance approach to alcohol consumption commences from the point where the person legally responsible (parent/guardian) for the individual passes the responsibility to the team management to the point where this is passed back to the responsible person (parent/guardian) at the end of the event.

Athletes over the age of eighteen.

The zero-alcohol policy commences when an athlete departs from their home base to travel to any GBR Team Lifesaving activity and concludes when the athlete completes the final event of the competition. **It also applies at all times when team kit is worn both in and out of competition.** For the purposes of this Code of Conduct, the final event of the competition may include attendance at a formal closing ceremony.

It is recognised that at end of event celebrations or party alcohol may be available. Where this is the case, athletes over the age of 18 may consume a celebratory alcoholic drink but it is the entire responsibility of each athlete to ensure that they limit their consumption and at all times behave in a polite, considerate, respectful and reasonable manner. **This applies whether or not Team Kit is worn.** It is the responsibility of all Adult (over 18) Athletes to promote and support this policy with under age 18 Athletes.

All athletes are deemed to be responsible for their own actions and must not indulge in any alcohol related behavior that is likely to cause offence and brings the GBR Lifesaving Squad, Team, RLSS UK SLSA Wales and SLSGB into disrepute.

RLSS UK, SLSA Wales and SLSGB reserve the right to apply their own disciplinary process to athletes at any point beyond where this code concludes its responsibility.

It is the entire responsibility of the Team Management to abide by the principles and intent of this code of conduct in their personal consumption of alcohol whilst in charge of the Team at all Team events.

## Social Media

Responsible use of Social Media is encouraged, but those who use such media must understand that any comments that they make or pictures or videos that they publish, even if they are intended as private comments or pictures, may be seen by people who may take offence at what they read or see or may cause offence to those who feature in the communication. Even if the comment or picture is not intended to cause offence, it is the person reading or seeing it who may feel offended. Privacy settings on these accounts are not infallible and comments and pictures may often be seen by





anybody. Irresponsible, discourteous or offensive use of social media will be seen as a breach of this code of conduct

Responsible use is encouraged and helps to inform those who cannot attend an event, how the team is faring in the competition.

All involved in any capacity with the GBR Lifesaving Team must not use Social Media to:

Make comments about squad or team selection issues.

Make comments or publish media that may be deemed as disrespectful to either RLSS UK, SLSA Wales SLSGB and GBR Lifesaving or aspiring athletes who are or were involved in selection

Make comments or publish pictures that may be deemed as disrespectful about any member of the GBR Lifesaving Team Selection panel or the process used for selection

Make comments or publish media that may be deemed as disrespectful of fellow squad or team members

Make comments or publish media that may be deemed as disrespectful of the event host organisers

Make comments or publish media that may be deemed as disrespectful of other teams or their members

Make comments or publish media that may be deemed as disrespectful of any competition referee or official

Post any comment or publish any media that would bring the Joint RLSS UK/SLSA Wales/SLSGB steering group into disrepute

### **Breach of this code**

Breach of this code of conduct may result in automatic exclusion from current or future GBR Team activity and may result in further action at the exclusive discretion of RLSS, SLSGB, SLSA Wales and the athletes club. If disciplinary action is taken by the One Team Steering Group the outcome may be shared with the Athletes respective governing body and club.

A serious breach of this code by an athlete during an event may result in the immediate suspension from the Team and the athlete suspended shall take no further part in that event. The above decision shall be determined by the Team Management at the event. As soon as possible, but not longer than 14 days after the suspension, any further action will be agreed by the One Team Steering Group after consultation with RLSS, SLSGB and SLSA Wales and the Athlete advised within that time.

Anyone found in breach of this Code will be given an opportunity to present their case to a formal hearing, but this does not override a suspension at an event (as described above) when a formal hearing may be delayed to after the event. Any appeal against disciplinary decisions must be made in writing to the Chair of the Steering Group within 14 days of the decision being made citing the justification for the appeal. Any appeal will be heard by an independent panel at the earliest opportunity.

**Declaration** - The Athlete agrees to this code of conduct by signing the Athlete Contract. In the case of an Athlete under the age of 18, it is the entire responsibility of the Parent/Guardian to ensure that the Athlete who they are responsible for has read and understands the Code of Conduct and has given an undertaking to their Parent/ Guardian to abide by it. By signing the Athlete Agreement on behalf of the





Young Person, the Parent/Guardian is confirming that they have taken this action.

The Management Team in accepting their roles agree that they have read and fully understand and will abide by this Code of Conduct

