**As an athlete, you have the responsibility to abide by this code of conduct.**

You set an example. At all times your behaviour and conduct must be of a high standard and reflect favourably of GB Taekwondo, your coach, instructor, club and yourself. As an athlete involved in the sport of Taekwondo/representing GB Taekwondo at competition, you are representing a nation with a strong identity. Please be mindful of your representation in team clothing; wear your kit with pride!

GB Taekwondo creates mechanisms by which employees and athletes can express genuinely held concerns about behaviour or decisions they perceive to involve serious impropriety. Such concerns will be investigated with every reasonable assurance of confidentiality as appropriate.

Breaches of the code of conduct shall be dealt with by the Performance Director in the first instance. Should the behaviour of any individual be considered unacceptable, he/she may be sent home and the matter will be referred according to the consequences policy and/or disciplinary procedure.

You must:

* act in a safe and responsible manner.
* attend each session with personal protective equipment as per the Protective Equipment Policy/Poster Guidance.
* wear team clothing (where issued) during training, competition, travel and media appearances.
* perform to the best of your ability.
* be punctual.
* listen to the instruction given by staff and coaches and ask for clarification if matters aren’t understood.
* adhere to any “ground rules” that may be issued for any activity.
* co-operate at all times with staff, your coach, team mates and opponents.
* play by the rules.
* not participate in, support or promote any form of betting related to a competition (whether one in which you are directly participating in or is taking place in any sport at a competition).
* not manipulate any results – to fix or plan or otherwise influence the result, progress, outcome, conduct or any other aspect of a competition.
* respect the rights, dignity and worth of all participants, regardless of their gender, ability, cultural background or religion. Treat all participants in taekwondo as you like to be treated.
* use language in public or group situations that is always appropriate and socially acceptable.
* not bully or take unfair advantage of another competitor.
* not verbally abuse officials or athletes; deliberately distracting or provoking are not acceptable or permitted behaviours in any sport.
* work equally hard for yourself and the GB Taekwondo team.
* refrain from using mobile or other electronic devices during training sessions and presentations, and at meal times whilst on tour.
* not smoke. This is prohibited by athletes, support staff and coaches whilst en route, prior to during or following a competition, training session or camp.
* refrain from the excessive consumption of alcohol and, refrain from the consumption of any alcohol during all competitions, except with the express prior permission of the Performance Director. (Note: consumption of alcohol is forbidden for athletes under age as defined by UK law).
* respect the customs of the country you visiting and observe the relevant practices and etiquette.
* agree in advance, with the Team Manager or Performance Director, visitors to the team hotel. Spectators, visitors and supporters of the team are valued and welcome to associate with individual athletes and the team where free time permits and this must take place in a general public association area.

Additional information, particularly for athletes under the age of 18:

* Keep staff informed of your whereabouts if this deviates from known training or competition (telling them why, where and when you will return).
* Do not respond if someone seeks private information unrelated to taekwondo, e.g. personal, home life information, and inform a member of staff immediately.
* Strictly maintain professional boundaries, i.e. between friendship and intimacy with a coach or official.
* Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your Residential Care Officer/Coach.
* Report any accidental injury, distress, misunderstanding or misinterpretation to your Residential Care Officer and/or Safeguarding Officer as soon as possible.
* Report any suspected misconduct by coaches or other people involved in taekwondo to the Safeguarding Officer as soon as possible.

**Social media**

In relation to social media you will be responsible for your behaviour when using the internet. Please see Safeguarding Appendix 17: E-Technology Policy for comprehensive guidance.

Things posted online can be seen by lots of people (the public) and can stay online forever. This is known as a “**digital footprint**”. It is a trail of information that people follow and can learn a lot from; these people may or may not be known to you. “**Footprints**” can show people at their best or their worst, and posts can have serious consequences.

**Think before posting.** **Pause...take a moment to think about what you post to help prevent silly mistakes.** For example, would you be happy to see what you post on an advertisement board, where your friends, parents, family, neighbours could see it? If not, think twice about sharing online!

Things shared with friends as a joke may not be taken as a joke by others. Think about how content posted may be judged by others, i.e. would it impress a teacher, tutor or future employer, or could it cause offence? Will these people think positively of you, your sport, your team etc?

As a general rule always consider:

* Am I commenting only about myself?
* Would I be happy for this comment to be quoted wider, i.e. in a newspaper?
* Will this comment reflect positively upon me, my sport, my team?

You will:

* be mindful of the content of any postings on social media sites and apply the highest security and profile settings.
* never “tweet” or post when you are angry!
* not deliberately browse, download or upload material that could be considered offensive or illegal. If you accidentally come across any such material you will report it immediately to a member of staff.
* not send anyone material that could be considered threatening, bullying, offensive or illegal.
* not give out any personal information such as name, phone number or address of yourself or others.
* not reveal your passwords to anyone.
* not arrange to meet someone unless accompanied by a member of staff.

You understand that your use of the internet and other related technologies can be monitored and logged and can be made available to the Team Manager/Performance or Operations Director.

This code of conduct has been discussed with [*please insert name*] who agrees to the terms of codes of conduct.

This form should be signed by the athlete (or by a parent/guardian where the athlete is below 18 years of age) and returned to the HR Department at the address below.

**Name of athlete:** .......................................... **Signature of athlete:** ..........................................

**Name of parent/carer:** ........................................... **Signature of parent:** .........................................

**Dated:** ..........................................

Revised: February 2014, September 2015 & March 2016