



PLAYER CODE OF CONDUCT

We believe that it is important that all players, coaches, officials, volunteers, parents or carers, and spectators associated with Lancaster & District Hockey Club (LDHC) are accountable for their actions and are fully aware of the behaviour our club expects from them.

This code of conduct sets out those expectations of players to help and protect all involved in hockey, regardless of whether it is in league games, friendly matches, tournaments, or training sessions.

As a LDHC player the Club expects you to:

- Try your best and have fun
- Be supportive and kind to other players and your coaches
- Respect and celebrate differences.
- Complete all consent, contact and medical forms and update your coaches if anything changes (parents or carers if under 18)
- Ensure you are fit and well to take part in the activity- do not participate if you are unwell or injured.
- Follow the Club risk assessment recommendations regarding clothing, kit (including shin pads and gum shields), and jewellery. Safety is paramount; anything considered a safety hazard should be removed, or participation may be prohibited.
- Respect coaches and their decisions, they are there to keep you safe.
- Lead by example when it comes to positive behaviour.
- Encourage positive sportspersonship.
- Arrive to sessions on time, if you are running late, let someone know.
- If you arrive at your session late, wait for the right time to join the session.
- Stay in the places where you're supposed to, and don't leave without telling a coach or captain.
- Look after Club equipment, like it was your own.
- Use social media responsibly such as when discussing events or occurrences in sessions.
- Not smoke, consume alcohol or take recreational drugs of any kind whilst taking participating in a Club activity, competitions or other events.
- Abide by the England Hockey Anti-doping Rules.
- If under 18, remain with your coach until collected by your parent or carer, or only leave if you are 13+ and the Club has written consent from your parents or carers to do so.
- Ensure your fees for training, matches or events are paid promptly.
- Update your availability on Teamo regularly to ensure coaches can plan for training and competitions.
- Speak out when something isn't right, or you have a concern.

We will ensure that:



- We keep you safe.
- You enjoy the time you spend with us.
- You know who you can speak to if something's not right.
- You are respected by us and other team members, treated fairly, and listened to.
- You feel welcome and valued.
- We work with you to understand and achieve your goals.

Breach of the Code of Conduct:

Behaviour that breaches or falls below our expectations set out in the code of conduct will be addressed immediately with you (*the player*) and your parent or carer if under 18; disciplinary action may be taken in line with our Disciplinary Policy.

