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## **ATHLETES CODE OF CONDUCT**

The HealthKix Athlete CODE OF CONDUCT has been put in place to ensure that all athletes feel comfortable, safe and happy to achieve their maximum potential in a positive environment.

It is vitally important for the success of the company and the individual athlete achievements that the Code is respected and followed by all HealthKix athletes.

- Athletes must listen and follow any instructions from a member of the HealthKix team.
- Athletes must be considerate to others at all times, including members of the public.
- Athletes must not use bad language and use good manners at all times.
- Athletes must not behave in a discriminatory manor towards anyone.
- Athletes must not commit any form of bullying. Physical, racial, mental or cyber bullying will not be tolerated.
- Athletes must follow the Health & Safety rules at all times.
- Athletes will support and respect HealthKix, HealthKix staff and other athletes.
- Athletes must use the Teambuildr app professionally for training purposes only, which can include training support from fellow coaches and athletes. The app will not be used as any other social platform outside of training, such as posting inappropriate material or sexting.
- Athletes will work hard during the training sessions provided and will listen intently during consultations with HealthKix coaches.
- Any use of recreational or performance enhancing drugs must not be consumed at any time.
- Medicinal drugs are only to be used with the full awareness of a member of the HealthKix team.
- Any medical conditions or changes in health status must be passed onto HealthKix by email [info@healthkix.co.uk](mailto:info@healthkix.co.uk).
- Athletes are entitled to question decisions made in coaching/training, but must do this appropriately and respectfully.
- Athletes will demonstrate sporting behaviour at all times including competitions outside of training.
- Athletes will demonstrate sporting behaviour in all activities and promote good sportsmanship, being modest in victory and gracious in defeat.
- Athletes understand that disciplinary action may be imposed for breach of rules or for reasons of behaviour. Any action will depend on the type and seriousness of any breach of rules or behaviour, but will be accompanied by a verbal warning and/or a written warning as necessary.

