

# **Basic Code of Conduct for New Recruits and Taster Session Skaters. Keeping things safe, fun and respectful.**

## **Purpose of the Code**

The code seeks to promote and strengthen the good reputation of Plymouth City Roller Derby, (hereafter referred to as PCRD), fair competition and Members (defined as an individual who has supplied to PCRD signed Membership forms, a waiver, and an agreement to abide by this Code Of Conduct and whose records are now kept on file by PCRD. All players, officials and assistants must be Members) by establishing standards of performance and behaviour for PCRD. In addition, it seeks to deter conduct, which could be harmful and unsafe and which could have an adverse effect on the standing and reputation of the game, PCRD and roller derby.

To aide PCRD in providing a safe environment for the conduct of the activity, members are required to:

1. Present themselves at all PCRD training sessions and other related activities in an acceptable state of fitness. ANY MEMBER WHO ATTENDS UNDER THE INFLUENCE OF DRUGS OR ALCOHOL WILL NOT BE ALLOWED TO PARTICIPATE. PCRD members must refrain from the taking of illicit and/or performance enhancing substances. If there is suspicion that a member is participating in a session whilst under the influence of alcohol or drugs, then the member will be respectfully and sensitively approached and asked to leave in the interests of their own safety and the safety of other participants, member's cooperation is hoped for in this matter.
2. Be professional in, and accept responsibility for their own actions.
3. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators. New Recruits and Taster Session participants who are under the care of a training coach and/or coaching assistant, are respectfully required to listen to the coach / assistant when instructions are given out, in order that maximum safety and enjoyment can be enjoyed by all.
4. Maintain high personal behaviour standards at all times by conducting yourself in a professional manner relating to language and temper. Roller Derby is a full-contact sport but aggressive language or gestures made by any member, whether directed at another or in frustration is not acceptable, even if made in jest and good nature.
5. Apparel should be appropriate to the activity with consideration given in regards to whether personal effects such as jewellery and long false nails could potentially injure self or others.
6. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
7. Arrive in enough time to allow a coach to collect payment for the session, register attendance and for collection of equipment where required and to kit up. All skating participants should bring a bottle of water or suitably hydrating fluid.

