

CODE OF CONDUCT – LEEDS RHINOS - ATHLETE

- Conduct yourself in an honest, fair impartial and transparent manner.
- Be available for all competitions, unless advanced notice has been given for exceptional circumstances.
- Promptly inform your team coach of any attendance delays, absence, sickness or injury. Attend all training sessions irrespective of injury, unless prior consent has been granted.
- Pay fees promptly.
- Know the date, time and venue of training and fixtures.
- Maintain an enthusiastic and positive attitude at training and matches.
- Turn mobile phones off during training and matches.
- Bring sufficient water to training sessions and matches so not to require a refill.
- Eat a balanced diet, considering appropriate amounts of food and times to eat to compliment the training schedule.
- Remember a recovery snack or participate in the group recovery snack rota at training sessions and matches.
- Arrive in plenty of time for training and matches and be proactive with own warm up on arrival.
- Wear the appropriate kit and consider your appearance whilst representing Leeds Rhinos Netball.
- Arrive prepared to participate in training sessions or matches, short nails, long hair tied back, no jewellery.
- Remember your kit bag with personal essentials.
- Be aware of the rules issued by England Netball, the individual competition and play accordingly in the spirit of the game.
- Display good sportsmanship.
- Listen to advice and respond to instruction.
- Aspire to your full potential with the highest standard of play at all times.
- Treat team mates, coaches, umpires, volunteers and opponents with respect.
- Ensure everyone in the squad is included, even if they are not in your usual friendship group.
- Accept that you may not be selected for a match, maybe selected but not play or be substituted during a match.
- Respect and accept an official or coaching decision with grace.
- In accordance with England Netball Safeguarding Policies, think twice before posting on social media.
- Only use Whatsapp groups and other social media platforms created by the coaches or Leeds Rhinos for practical issues related to netball.