

# University of Bristol Lifting Club Code of Conduct

We at University of Bristol Lifting Club strive to create a **positive and inclusive environment** for all members to enjoy their involvement in the sport we love. Our Code of Conduct outlines the principles and expectations that guide our interactions and actions within the club. By becoming a member of our community, you are agreeing to uphold these values and standards.

## 1. Commitment and Participation

a. Show dedication by actively participating in club activities and training sessions. Avoid disrupting training sessions through distractions or disrespectful behaviour.

b. Demonstrate cooperation, teamwork, and a positive attitude towards coaches, fellow members, and alumni. We value a collaborative spirit that enhances the club experience for everyone.

## 2. Respectful Communication

a. Refrain from badmouthing, undermining, or criticizing coaches, fellow members, or alumni in a derogatory manner.

b. Constructive criticism is encouraged when provided in a respectful and considerate manner.

## 3. Zero Tolerance for Abuse

a. Treat coaches, members, alumni, and judges with respect and professionalism. Disrespectful behaviour towards any individual is strictly prohibited. This also includes at socials – please remember that you are representing the club.

b. Avoid using abusive language or engaging in physical aggression, both within the club and at competitions.

c. Do not discriminate against anyone based on race, gender, sexuality, religion, disability, or age.

d. Embrace good sportsmanship and avoid engaging in unsportsmanlike behaviour.

e. Stand against bullying in all its forms and actively contribute to maintaining a safe and welcoming environment.

## 4. Health and Safety

a. Prioritize your safety and the safety of others by disclosing any relevant medical conditions, allergies, chronic injuries, or other health-related concerns before participating in seminars or training sessions. This includes mental health diagnoses if you feel comfortable sharing them. We ask you to disclose these medical conditions as a way of protecting both yourself and the club.

## 5. Acknowledgment of Risk

a. Recognize the inherent risks associated with the sport and accept personal responsibility for these risks. Engaging in physical activities may lead to injuries, and members are expected to exercise caution and adhere to safety guidelines.

## **6. Sexual Harassment and Assault**

a. Engage in respectful and appropriate behaviour at all times. We have a zero-tolerance policy for any form of sexual harassment or assault. Detailed guidelines can be found in our Sexual Assault Policy, which you will be required to sign separately.

## **7. Prohibition of Performance-Enhancing Drugs (PEDs)**

a. The use of PEDs is strictly prohibited within our club. Our PEDs Policy provides comprehensive information on this matter, and you will be required to sign this policy as well.

Our club operates under a **two-strike policy**. The first strike serves as a warning, while the second strike will result in removal from the club. We believe in second chances but also the importance of maintaining a positive and respectful atmosphere.

By adhering to this Code of Conduct, you play a crucial role in preserving the welcoming and friendly atmosphere that defines our club. Let's collectively ensure that our club remains a place of growth, camaraderie, and mutual respect for all members.