

## Code of Conduct - Young People



As a member of IODAI, you have rights and responsibilities. This code of conduct will help explain these to you – if you are not sure, please ask your parents or Children’s Officer to help. This is your code, whatever your experience or ability. You should follow the code and encourage others to do so too.

### **In your sport you have the right to:**

- Be safe and to feel safe
- Be listened to
- Be believed
- Be treated with dignity, sensitivity and respect
- Have a voice in the organisation
- Participate on an equal basis
- Be happy, have fun and enjoy sport
- Experience competition at a level at which you feel comfortable
- Make complaints and have them dealt with
- Get help against bullies
- Say no
- Protect your own bodies
- Confidentiality

### **Your responsibilities are to:**

- Treat instructors, coaches and other leaders and organisers with respect
- Play fairly at all times, do their best
- Respect fellow participant, even when things go wrong
- Respect opponents, be gracious in defeat
- Behave in a manner that avoids bringing the sport of sailing into disrepute
- Talk to the Children’s Officer if you have any problems.
- Never cheat
- Not to use violence or physical contact
- Never shout or argue with officials, teammates or opponents
- Never harm team members, opponents or their property
- Not bully or use bullying tactics to isolate another club member
- Never use unfair or bullying tactics to gain advantage
- Not take banned substances
- Not to keep secrets, especially if they have been caused harm
- Never tell lies about adults / young people or spread rumours
- Comply with the Racing Rules of Sailing?

As a member of IODAI , you are committing to abide by the above. Any breach of this code of conduct will be dealt with appropriately and accordance with IODAI and Irish Sailing disciplinary processes.