

You engage in sports because you enjoy it. Therefore, ensure that it remains enjoyable, not only for yourself but also for others in your team/training group and for your opponents. We treat each other with respect, everyone participates and can be themselves. Therefore, adhere to the following code of conduct.

The athlete:

- Is open. If asked to do something against your own feelings, norms, and values, report it, for example, to the board. For questions and reports, you can also contact the Safe Sports Center Netherlands. Also, report if asked to cheat.
- Respects others. Show respect to everyone, opponents, teammates, referees, coaches, spectators, and anyone else. Mind your language and how you present yourself. Make everyone feel they can move freely.
- Respects agreements. Be on time, inform (timely) if you can't make it, listen to instructions, and follow the rules.
- Handles the environment properly. Do not damage anything, respect everyone's belongings. Leave the changing room tidy. Clean up the materials. Dispose of waste in the bins.
- Keep your hands to yourself. Do not touch anyone against their will (outside normal sports practice).
- Adheres to the rules. Read the regulations, house rules, this code of conduct, and all other agreements, and stick to them.
- Respects everyone's worth. Avoid discriminatory, demeaning, or intimidating remarks and behavior. Do not exclude anyone and be tolerant.
- Does not discriminate. Do not make distinctions based on religion, beliefs, political affiliation, race, gender, sexual orientation, cultural background, age, or other characteristics.
- Is honest and sportsmanlike. Do not cheat, use verbal or physical violence, or use doping. Do not participate in fixing a match, competition, or record. Also, do not bet on your own games.

Report violations of this code of conduct. Report violations of this code to the board and/or the trust contact person of the sports club or your sports association. For questions and reports, you can also contact the Safe Sports Center Netherlands. Note: If someone has shared something confidential with you, consider calling the Safe Sports Center Netherlands for advice on what to do.