



## CODE OF CONDUCT FOR ATHLETES

### ***CHARACTER IS FIRST; WINNING AT ALL COSTS ... IS NOT WINNING AT ALL***

1. An athlete shall Live up to high ideals of ethics and sportsmanship and always pursue victory with honor and uphold the spirit of fair play; do what is right even when it is unpopular or personally costly and adverse. An athlete shall live and compete honorably; shall not engage in any other dishonest or unsportsmanlike conduct; avoid temptations to gain competitive advantage through improper sportsmanship techniques that violate the highest traditions of sportsmanship.
2. An athlete shall fulfill commitments; do what you say you will do; be in time for practices and competitions. An athlete shall live and compete with class; be a good athlete; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre and post competition practices.
3. An athlete shall be loyal to the national team; put the team above personal glory. If invited to join any national team, the athlete shall come ready, able and willing to train and compete in the events you have qualified in and/or have been selected for, unless otherwise agreed to by the Head Coach of the team in consultation with the UAF technical committee. The athlete nominated to the national team shall travel and compete in the National Team Uniform if such is provided.
4. Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally. An athlete shall uphold the same values of sportsmanship off the field as you do when engaged in athletics. An athlete shall treat officials with respect; shall not complain about or argue about official competition rules during or after a competition.
5. An athlete shall not engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual or *racial* nature, taunting, or other actions that demean individuals or the sport. An athlete shall avoid swearing and abusive language and irresponsible behavior including but not limited to behavior that is dangerous to yourself or others, acts of violence, bullying, harassment and physical abuse.
6. An athlete shall safeguard his or her health; shall not use any illegal or unhealthy substances (as listed by WADA) or engage in any unhealthy techniques to gain, lose or maintain weight; Shall not smoke or drink alcoholic drinks or beverages during or while on National Duty.
7. An athlete shall protect the integrity of the sport; shall engage in any form of gambling or wagering of any kind. An athlete shall compete according to and respect the rules and regulations of UAF and IAAF

8. An athlete shall avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity and shall further demonstrate concern for others; shall not intentionally injure any athlete or engage in reckless behavior that might cause injury to yourself or others.
9. An athlete shall help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches or officials.
10. An athlete shall maintain a thorough knowledge of and abide by all applicable competition rules and shall further avoid engaging or the temptation to engage in any inappropriate or illegal behavior
11. An athlete shall cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the UAF in the best interests of the yourself and other athletes
12. While in national team residential training centre, an athlete shall abide by the harmonized training programs and instructions of the officials and coaches appointed by the Federation to handle the team. An athlete shall avoid destructive behavior and leave athletics venues as the athlete found them
13. An athlete shall inform his or her coach, club and the Federation of any athletics related contract of whatever nature that he or she has entered into or have signed with any foreign or local Athlete Representative (A.R.) or scout or agent by whatever name called.
14. An athlete shall inform his or her coach of any other coaching that he or she is seeking or receiving and should endeavor to thank the coaches and officials who enable him or her to participate in athletics
15. An Invitation to join the national team shall be by official UAF Letter or any other communication mode so adopted by the federation and the athletes shall confirm their availability or no availability to the federation in writing.

**I have read and understood the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not abide by them.**

**Athlete's Name:** \_\_\_\_\_

**Athlete's Signature:** \_\_\_\_\_

**Date of Signature:** \_\_\_\_\_