



SCOTTISH  
**WRESTLING**

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Scottish Wrestling

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## SW General Code of Conduct

If you require this document in other formats please contact us at: [mail@wrestling.scot](mailto:mail@wrestling.scot)

### Introduction

This policy covers Code of Conduct for Governing body, Athletes, Coaches, Club Officials, Sponsors, Partners and Promoters, Parents, Spectators and Child Protection and should be signed by all those involved in Scottish Wrestling.

### A Code of Conduct has a number of important functions. It:

- Sets out what behaviour is acceptable and unacceptable;
- Defines standards of practice expected from those to whom it applies;
- Forms the basis for challenging and improving practice;
- Helps to safeguard staff/volunteers by encouraging them to adhere to agreed;
- standards of practice;
- Sets out for children and parents/carers the standards of practice which they and the organisation should expect from those who work/volunteer with children.

### The Scottish Wrestling Association (SW) will:

- Promote and encourage fair play through its members;
- Ensure that its rules are fair, clearly understood by players, coaches, officials and administrators, and properly enforced;
- Make every effort to ensure that its rules are applied consistently and with absolute impartiality;
- Treat all members equally, irrespective of gender, race, physical characteristics or physical/mental disabilities;
- Impress upon players, coaches, officials and administrators the need to maintain the highest standards of sportsmanship in running and playing their sport.

### Athletes must:

- Abide by the rules and the spirit of the competition;
- Accept the decisions of referees, table officials and delegates without question or complaint;

- Never consider cheating and, in particular, must not attempt to improve their individual performance by the use of drugs;
- Exercise reasonable self-control at all times;
- Learn to accept success and failure, victory and defeat, with good grace and magnanimity, without excessive emotional display;
- Treat their opponents and team-mates with respect, both in and out of the playing arena.

#### **Coaches must:**

- Insist that players understand and abide by the principles of fair play;
- Accept the decisions of referees, table officials and delegates without question or complaint;
- Never countenance the use of drugs by performers;
- Never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their players;
- Not attempt to manipulate the rules in order to take advantage of their players or their opponents.

#### **Club Officials must:**

- Respect the regulations and authority of their governing body and its member organisations, and not attempt to avoid or circumvent these regulations;
- Recognise the special role that they have to play in the establishment of standards by setting a good example of sportsmanship at all times;
- Respect the rights of other clubs and not deliberately act in a manner intended to be to the detriment of any other club;
- Respect the rights of players, coaches and officials, and not exploit or deliberately act in a manner intended to be detrimental to them;
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations, or within the fundamental precepts of fair play.

#### **Sponsors, Partners and Promoters must:**

- Not seek to influence unduly or improperly the outcome of competitions by financial or other inducements;
- Recognise that the administration and organisation of all SW competitions and events is the exclusive responsibility of the appropriate SW authorities.

#### **Parents**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

#### **As a parent or spectator:**

- I will not force my child to participate in sports.
- I will remember that children participate to have fun and that the sport is for them not for us.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the sport and the policies of the competition.
- I will understand the selection procedures for any representative team that my child is selected for.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials and

spectators at every training session or competition, practice or other sporting event.

- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- I will not encourage any behaviours or practices that would endanger the health and well-being of the athletes.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other athletes, coaches, officials and spectators with respect regardless of race, creed, colour, sex or ability.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
- I will emphasise skill development and practices and how they benefit my child over winning. I will also de-emphasise games and competition in the lower age groups.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- I will respect the officials and their authority during events or training and will never question, discuss, or confront coaches, and will take time to speak with coaches at an agreed upon time and place.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
- I will refrain from coaching my child or other athletes during the events and practices, unless I am one of the official coaches of the team.

### **Child Protection Code of Conduct**

Scottish Wrestling Association supports and requires all members to observe the following standards of practice, including verbal and non-verbal actions when involved in activities with children. All concerns about breach of this Code of Conduct will be taken seriously and responded to in line with SW Complaints Process, Disciplinary Procedures or Procedures within SW Safeguarding, Equality, Anti-Bullying and Whistle Blowing Policies.

### **GOOD PRACTICE**

- Make sport fun, enjoyable and promote fair play.
- Treat all children equally, with respect, dignity and fairness.
- Involve parents/carers wherever possible.
- Build balanced relationships based on mutual trust.
- Include children in the decision-making process wherever possible.
- Always work in an open environment, wherever possible. Avoid private or unobserved situations.
- Put the welfare of each child first before winning or achieving performance goals.
- Be an excellent role model including not smoking or drinking alcohol in the company of children.
- Give enthusiastic and constructive feedback rather than negative criticism.
- Recognise the developmental needs and capacity of children.
- Avoid excessive training and competition, pushing children against their will and putting undue pressure on them.

### **PRACTICE TO BE AVOIDED**

In the context of your role within Scottish Wrestling Association, the following should be avoided:

- Having 'favourites' – this could lead to resentment and jealousy by other children and could be misinterpreted by others.
- Spending excessive amounts of time alone with children away from others.

- Entering children’s bedrooms on trips away from home, unless in an emergency situation or in the interest of health and safety. If it is necessary to enter rooms, knock and say that you are coming in. The door should remain open, if appropriate.
- Where possible, doing things of a personal nature for children that they can do for themselves.

**UNACCEPTABLE PRACTICE**

In the context of your role within Scottish Wrestling Association the following practices are unacceptable:

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- Engaging in sexually provocative games, including horseplay.
- Engaging in rough or physical contact unless it is permitted within the rules of the sport or competition.
- Forming intimate emotional, physical or sexual relationships with children.
- Allowing or engaging in touching a child in a sexually suggestive manner.
- Allowing children to swear or use sexualised language unchallenged.
- Making sexually suggestive comments to a child, even in fun.
- Reducing a child to tears as a form of control.
- Allowing allegations made by a child to go unchallenged, unrecorded or not acted upon.
- Inviting or allowing children to stay with you at your home.
- A Coach and/or other leader sharing a room alone with a child.

Full Name:	Date:	Signature: