

Code of Conduct for Athletes of T.S.S.V. Braga

An athlete of T.S.S.V. Braga:

Is open.

If you are asked to do something that goes against your own feelings, norms, or values: report this, for example to the Confidential Contact Person (VCP) or the club's board. You can also contact the KNSB and/or the Centre for Safe Sport Netherlands for questions and reports. If you are asked to cheat, report this as well.

Respects others.

Show respect to everyone — opponents, teammates, referees, coaches, spectators, and anyone else. Be mindful of your language and how you present yourself. Make sure everyone feels free and safe to participate.

Respects agreements.

Arrive on time, cancel in advance if necessary, listen to instructions, and follow the rules.

Takes care of the environment.

Do not damage anything, respect others' property. Leave the locker room clean. Put equipment away. Throw waste in the bins.

Keeps hands off others.

Do not touch anyone against their will (outside normal sporting activities).

Follows the rules.

Read the regulations, house rules, this code of conduct, and all other agreements — and comply with them.

Does not diminish the dignity of others.

Refrain from discriminatory, derogatory, or intimidating remarks or behavior. Do not

exclude anyone and be tolerant, including on social media.

Does not discriminate.

Do not make distinctions based on religion, beliefs, political affiliation, race, gender, sexual orientation, cultural background, age, or other characteristics.

Is fair and sporting.

Do not cheat, use verbal or physical violence, or use doping. Do not participate in fixing a match, competition, or record. Do not manipulate sporting moments, such as deliberately causing a false start. Do not bet on your own competitions.

Reports violations of this code of conduct.

Report violations of this code to the board and/or the Confidential Contact Person of the club or the KNSB. For questions and reports you can also contact the Centre for Safe Sport Netherlands.

Is sensible with alcohol.

After sports, drink alcohol in moderation and do not drink if you still need to travel or drive.

Respects this code of conduct also in the online world.

If you would not do something in real life, do not do it online. Be aware that what you publish on the internet can be found forever.