

Conduct Expectations - Community Sports

Our aim is to create a welcoming and enjoyable space for all, regardless of skill level or background. We've listened to what people have said. This guidance is here to help us achieve that, focusing on respect, good sportsmanship, and a relaxed atmosphere.

- **Respect is Key:** Treat all participants, volunteers, and equipment with respect. Everyone is here to have a good time and improve.
 - **Keep it Positive:** Encourage and support your fellow participants. A cheer or a word of encouragement goes a long way. Focus on positive communication.
 - **De-escalate, Don't Escalate:** Disagreements can happen, but how we handle them matters. If a conflict arises, take a deep breath and step back. Avoid confrontational language or aggressive behaviour. If you can't resolve it calmly, involve a session leader to help mediate. Our goal is to find solutions, not to intensify arguments.
 - **Fair Play and Sportsmanship:** While we're here to have fun, playing fairly is important. Due to varying player abilities, we may need to be a little (temporarily) relaxed with certain rules. Be honest about calls, avoid cheating, and always respect each other (win or lose). Be flexible if wrong calls are made by mistake.
 - **Fun Over Fierceness:** Remember, these are low-stakes sessions. The primary goals are to build fitness, improve wellbeing through social connection, and most importantly, have fun!
 - **Listen to Session Leaders:** Session leaders are there to ensure smooth running and address any issues. Please listen to their instructions and guidance. Session leaders can be decided by the group before playing. This peer led approach lets a different person have a turn as the lead.
 - **Look Out for Each Other:** If you see someone struggling, offer a hand or some encouragement. If you notice a situation that could lead to conflict, try to gently diffuse it or alert a session leader.
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If any individual seriously or constantly violates these rules, they will be asked to leave and banned from future sessions at the discretion of the session leader. Depending on the severity of the situation, the session leader may issue a warning, advise a time-out and remind participants of the ground rules.

Peers can add to this list and review this. Ahead of each week's session, use the first 15 mins to reflect on the rules.

By following these simple rules, we can ensure our community sport sessions remain a positive and beneficial experience for everyone involved. Let's play, connect, and have a blast!

