Players - Code of Conduct

Respect

Excessive or inappropriate talk on the mat should not be used.



Sportsmanship

Train and compete in a sportsmanlike manner and extend courtesy to opposition / team mates. This should include shaking hands / bowing when applicable with the opposition/team mate at the end of the match and extending thanks to the referee/volunteers.

Saftey

Prioritise the safety of yourself and others. Follow proper techniques, and use appropriate equipment. Report any safety concerns to a coach.



Player Welfare

Verbal provocation and deliberate violence even if reactionary is totally unacceptable.

Communication



Communicate openly and respectfully with coaches, fellow members, and club officials. Address any concerns or conflicts in a constructive manner, seeking resolution through appropriate channels.

Inclusivity



Create an inclusive and welcoming environment for all individuals, regardless of their skill level or experience. Support and encourage each other's growth and development If someone needs help, lend a hand.

Attendance & Punctuality (

Attendance and Punctuality: Attend training sessions and competitions and be punctual. Notify the coaches in advance if you are unable to attend or will be late.



 Pankration Grappling School · Portishead · www.pankrationgrapplingschool.com

