

## CODE OF CONDUCT FOR ATHLETS

### RESPECTING YOURSELF

1. I will take care of my body and mind through healthy lifestyle.
2. I will think positively about myself.
3. I will train regularly.
4. I will not take illegal drugs and stimulants for the purpose of improving my results.
5. I will try my best during trainings and competitions.
6. I will not give up on training after defeat.

### RESPECTING OTHERS

7. I will and not make inappropriate verbal, physical or other form of advancer on others.
8. I will help and support others.
9. I will obey the rules of sport.
10. I will listen to my coaches and officials.
11. I will be humble and respectful to my opponents when I win.

### RESPECTING SURROUNDINGS

12. I will take good care of my and others sport equipment.
13. I will not act indifferent to sport facilities of my and/or other clubs.
14. I will respect order and organization of all sport facilities where I train and/or compete.
15. I will make sure to clean up after myself before I leave.

»I, as an athlete, understand that only athletes who respects themselves, others and surroundings will enjoy sport and set an example for others«

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*Signature*



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