

# FORCE ELEKTRO TRAINER ETIQUETTE

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## BEHAVIOUR RULES WE EXPECT ALL VOLUNTEERS (TRAINERS/ COACHES) IN THE CLUB “FORCE ELEKTRO” TO FOLLOW:

1. We are spirited and teach our team to do the right thing.
2. We give constructive feedback when people ask for it or ask ‘Can I give you some feedback?’.
3. We do a proper warm up and stretching to prevent injuries as much as possible and as trainers/coaches we actively advise people to take good care of their bodies. In case of (suspected) injury, we help think of next steps and provide advice.
4. We treat all members as equals and have respect for everyone.
5. We take care of our fields and equipment.
6. We use gender neutral words when possible and call out if someone can improve in their word choices.
7. We make sure to be team players and prioritise the training (and competition day) when possible and inspire the team to do the same.
8. We bring positive energy to training and cheer on our team.
9. We follow the rules of the game (NFB and WFDF) and have an advanced certificate as proof of knowledge of the rules. Also, we make sure that everyone on the competition team has a currently valid certificate.
10. We create a safe and fun environment for people to play frisbee in.
11. A volunteer shall never abuse their power.
12. If a volunteer witnesses any form of intimidation among club/team members they must immediately stop it and address the situation.

*We do not condone racism, sexism, classism, anti-semitism, ageism or heterosexism in any form.*

