

Code of conduct

Code of conduct guidelines for coaches

1. Be a good role model both on and off the field

- a) Be honest, fair and considerate.
- b) All practitioners deserve equal opportunities and attention.
- c) Set a good example and promote a healthy lifestyle.
- d) Organize exercises so that practitioners get the most out of exercises.

2. Violence is not tolerated in the sports movement!

- a) You have a duty to notify the child welfare authorities if there is a suspicion that a child has been abused, neglected or living in conditions that could endanger his or her development and health.
- b) Fight against all forms of violence, sexual, mental, physical, and be vigilant.
- c) Do not abuse your power and position through sexual acts or otherwise.
- d) Avoid physical contact with practitioners, except where necessary for training. Explain why you need to touch and get permission from practitioners before touching.

3. That which is best for the practitioner

- a) Take care of the health and well-being of practitioners and do not put them in a health threatening situation.
- b) Ensure safety in the environment and equipment and that the facilities are suitable for the development and age of the practitioners. Choose exercises, tournaments, competitions according to the development, age and ability of the practitioners.

- c) Show attention and concern to practitioners who have been injured and to those who want to come to you because of mental illness.
- d) Avoid being alone with a practitioner.

4. Be respectful

- a) Show all practitioners respect regardless of their disability, gender, age, race, sexual orientation, political views, origin, religion or social status.
- b) Respect individuals regardless of ambition for success or ability.
- c) Respect referees, opponents, guardians, coaches, volunteers and other staff and encourage practitioners to do the same.
- d) Allow practitioners to make decisions.

5. Be honest

- a) Use caution and confidentiality in the handling and storage of personal information. Exceptions from the duty of confidentiality may only be made in accordance with the law and out of urgent necessity.
- b) Promote a positive sporting environment free of performance-enhancing drugs and narcotics.
- c) Promote fair play and encourage practitioners to do the same. Follow the rules of the sport.
- d) Never engage in gambling, betting or trading related to sporting events where you can influence the outcome. Never provide information about sports that you or others can benefit from.

6. Respect the coaching job

- a) Organize the work with regard to the development and ability of the practitioners.
- b) Make demands on yourself regarding behavior, punctuality, language, preparation and teaching / training.
- c) Use your position in a constructive way and take your leadership role seriously.
- d) Look for ways to increase your knowledge and put your ambition into the job.
- e) Seek collaboration with professionals or other coaches.
- f) Respect the rules and show respect for the sport and the club / league.
- g) Keep practitioners and guardians informed about the training.

I have read and studied the coaches' code of conduct guidelines and will honor them in my work for the club / league:

Full name and ID no.

Phone and email

Code of conduct for practitioners

1. Be honest

- a) Be tactful and honest with yourself and others, and follow the rules of the sport.
- b) Contribute to creating a positive environment and atmosphere that is free of performance-enhancing drugs and narcotics.
- c) Never provide information about sports that others or you could benefit from. Never engage in gambling, betting or trading related to sporting events where you can influence the outcome.

2. Be respectful

- a) Treat everyone equally, regardless of disability, age, gender, race, sexual orientation, political opinion, origin, religion, or social status.
- b) Respect the rules, practices and customs of the sport and show respect for it.
- c) Respect individuals regardless of ambition for success or ability.
- d) Create a positive atmosphere that is free from mental, physical and sexual violence.
- e) Respect opponents, referees, coaches, guardians, volunteers and other staff.

3. Be a good role model both on and off the field

- a) Be responsible for your own behavior.
- b) Keep in mind that you are a role model for younger practitioners and be honest, considerate and fair.

- c) Focus on a healthy lifestyle.
- d) Try to get the most out of the exercise by always putting in the effort.
- e) Do not abuse your power and position through sexual acts or otherwise.

Code of conduct for board members and staff

1. Be respectful

- a) Treat everyone equally, regardless of disability, age, gender, race, sexual orientation, political opinion, origin, religion, or social status.
- b) Respect the opinions of others.

2. Be honest

- a) Maintain fair play, follow the rules of the sports movement and get members to do the same.
- b) Maintain the utmost confidentiality where applicable.
- c) Promote a sports-positive environment free of performance-enhancing drugs and narcotics.
- d) Never engage in gambling, betting or trading in connection with sporting events where you can influence the outcome. Never provide information about sports that others or you could benefit from.
- e) Avoid or report personal and financial conflicts of interest.

3. Be a good role model for members

- a) Always be a role model for behavior and conduct, both outside and inside the association.
- b) Manage in accordance with the rules of responsible financial management and respected transparency and democratic rules in decision-making.
- c) Be honest, considerate and fair.
- d) Take responsibility for your own behavior and set personal goals on the job.
- e) Do not abuse your power and position through sexual acts or otherwise.

4. Respect the association operations

- a) Know the association's laws and regulations.
- b) Protect the values and spirit of the association.
- c) Respect democratic practices.
- d) Respect rules, practices, customs, and respect for sports.
- e) Respect all practitioners, referees, coaches, volunteers, and staff, and encourage members and practitioners to do the same.
- f) You have a duty to notify the child welfare authorities if there is a suspicion that a child has been neglected, abused or living in conditions that could endanger his or her development and health.

Code of conduct for parents / guardians

1. Your child is in sports for him/herself, not for you.
2. Give all children encouragement, not just your child.
3. Encourage your child to participate in sports, do not force it.
4. Always be positive, even when things do not go so well.
5. Respect all practitioners, referees, coaches, volunteers and other staff.
6. Every child is unique, respect their rights.
7. Keep in mind coaches train, guardians encourage.
8. Inform about harassment, teasing and bullying.
9. Be an active participant and show respect for the association's work.
10. Do not abuse your power and position through sexual acts or otherwise.
11. Never engage in gambling, betting or trading in connection with sporting events where you may influence the outcome. Never provide information about sports that others or you could benefit from.
12. You should notify the child welfare authorities if there is a suspicion that a child has been neglected, abused or living in conditions that could endanger his or her development and health.

Sources:

ÍBH's Code of Ethics approved at the 47th ÍBH Congress on 7 May 2011.

Hafnarfjörður Sports Association

ÍSí's Code of Ethics and Code of Conduct approved by ÍSí's Executive Board on 15 November 2018.

ÍBH's Code of Ethics and Code of Conduct Approved at the 52nd ÍBH Session 11 November 2021.