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YOUTH PROGRAMME CODE OF CONDUCT

This Yachting New Zealand Youth Programme Code of Conduct applies to all athletes, coaches and support personnel participating in the YNZ Youth Programme, including while attending clinics, participating in squad training, YNZ class coaching or racing, national, and international events.

"As an athlete and a member of the YNZ Youth Programme, I agree to uphold the behaviours and values of the NZL Sailing Shared Identity – to enhance the fern and bring the best out in each other.

I represent myself, my team, and my sport always. I agree to the following:

1. RESPECT OTHERS

- I will treat teammates, coaches, officials, volunteers, and opponents with fairness and respect.
- I acknowledge that bullying*, harassment, discrimination, or abuse of any kind — in person, online, or on social media — is not tolerated.
- I acknowledge the use of foul language or gestures are prohibited.
- I will not make discriminatory, derogatory, or abusive comments about or to any other athlete, official or member of the public in person or across any medium.
- I will respect the diversity, backgrounds, and abilities of everyone in the sport.

2. SHOW GOOD SPORTSMANSHIP

- I will compete with integrity: play fair, follow the rules, and respect the decisions of officials.
- I will accept results and decisions without arguing or showing disrespect.
- I will celebrate victories with humility and accept defeats with dignity.

3. BE A POSITIVE TEAM MEMBER

- I will support and encourage fellow athletes, helping to create a safe, inclusive, and positive environment.
- I will avoid negative or destructive behaviour that may damage the squad and team dynamic.
- I will respect shared spaces, equipment, and resources.

4. ACT RESPONSIBLY ON AND OFF THE WATER

- I will remember that my behaviour, both during competition and in everyday life, reflects on my team, my sport, and my community.
- I will avoid actions that could bring the sport, or myself into disrepute (e.g., violence, reckless behaviour, illegal activity).
- I will use social media responsibly, avoiding harmful comments, bullying, or sharing inappropriate content.

5. LOOK AFTER MYSELF

- I will maintain a healthy lifestyle and make choices that support my performance and wellbeing.

- I will follow medical and physiotherapy guidance for injury prevention and recovery.
- I will never use banned substances, drugs, or performance-enhancing methods.

6. FOLLOW TEAM RULES

- I will be punctual and prepared for training, competition, and team events.
- If I am late for a training session or a regatta, I will inform my coach and provide a valid explanation. If I fail to comply with this rule repeatedly, sanctions may apply.
- I will respect instructions set by coaches and managers.
- I will wear the correct uniform and represent the NZL Youth Programme with pride.

7. TAKE RESPONSIBILITY

- I understand that my actions have consequences.
- I acknowledge that breaches of this Code of Conduct may result in warnings, suspension, or removal from the Youth Programme.
- I take responsibility for always upholding these standards.

*Bullying can be either personal attacks (direct bullying) or task-related attacks (indirect bullying).

Some specific sailing examples include but are not limited to:

- Targeted yelling or intimidation: Shouting directly at another sailor in a way that belittles them, rather than focusing on the sailing situation.
- Mocking mistakes: Eg. Publicly ridiculing a sailor after a poor tack, start, or manoeuvre.
- Verbal abuse on the water. For example, a rules situation but personal insults / poor language is used.
- Unnecessary, ongoing, and deliberate targeting of another sailor on the water. For example, constantly targeting or attacking one sailor when it is not related to a direct race situation ie. a points situation at the end of a regatta.
- Ongoing belittling of a teammate or another sailor

ACKNOWLEDGEMENT

By signing below, I confirm that I have read, understood, and agree to this Code of Conduct:

Athlete name	Signature	Date
Parent / guardian's name(if under 18)	Signature	Date