



MEMBER CODE OF CONDUCT

As a Member of Fighting Fit Football I will:

1. Read and understand the Fighting Fit Football Club Charter & do my best to uphold its values.
2. Display and promote high standards of behaviour. Although you are allowed to be frustrated with yourself (Parkinson's is, after all, a very frustrating condition), you must not show frustration or anger towards others.
3. Play by the rules of the game and within the spirit of fair play and sportsmanship. This includes keeping physical contact to a minimum. Aggressive behaviour, body checking, sliding or dangerous tackling, etc will not be tolerated.
4. Be a "good sport" & applaud all good play whether made by your team or the opposing side.
5. Respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or background.
6. Always respect the match officials' (or club officials') decisions during a match or training session. Never engage in public criticism of others or verbally abuse or argue with others.
7. Never engage in offensive, insulting or abusive language or behaviour.
8. Not bully, intimidate or harass any other player or official. Speak to your team-mates, the opposition, the coach and manager with respect.
9. Not use violence in any form, whether it is against other players, team officials, (including coaches and managers), volunteers, spectators or match officials.
10. Remember our team will always have a variety of ages, abilities & experience, & everyone's symptoms are different & can fluctuate at any time & this will affect how people play. We make mistakes and this is normal. Encouragement rather than criticism is key.
11. Win or lose with dignity. Accept defeat with dignity, and seek genuine reasons as to why you lost, working together as a team to focus on how the team can improve.
12. Shake hands with the opposing team and the referee at the end of every game.
13. Always do your best and try to win, but never at the expense of the previous points.
14. Do my best to enjoy myself. Our sessions are intended to be enjoyable, relaxed and supportive at all times and we want you to feel positive not just during the session itself but in the days afterwards too.

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