



WELCOME TO THE FIGHTING FIT FOOTBALL CLUB CHARTER



The purpose of this Charter is to set out the vision & aims for our Club & the values that underpin these. It is also designed to provide members with an introduction to what you can expect from the Club & what we will expect from you in return.

OUR VISION

For Fighting Fit Football to be seen as the leading community club in the UK in the field of Parkinson's football.

Success will not be measured solely by what happens on the football field, but also (and more importantly) in how we support our members, the opportunities that we offer our members & the strength of the community that we create, on & off the pitch.

OUR MISSION

To offer community football that encourages people with Parkinson's to exercise & play football irrespective of their experience, age, ability or gender, in a supportive & enjoyable environment. Exercise is recognised as helping relieve the symptoms of Parkinson's but doing it collectively is the key to helping with healthy bodies, hearts and minds.

As part of this we want to raise awareness, challenge perceptions & inspire, lead & encourage others (with or without Parkinson's) to make a positive difference to their lives.

What Can You Expect From the Club?

As a club running football for people with Parkinson's, the health, safety and welfare of every player is our first and most important priority. This is closely linked to our commitment to providing an enjoyable, supportive and inclusive environment for all of our players to exercise and develop their football skills.

When you join Fighting Fit Football we will always strive to achieve the following:

- To offer coaching and competitive / friendly opportunities in both association football and walking football for adults with Parkinson's disease in the local and wider community. This will include hosting and attending special events to encourage as many people with Parkinson's to get involved with Parkinson's football.
- To be a community first club - everyone who joins the club will feel welcomed and supported by the Club and everyone at the Club is supportive and welcoming to each other. The community is as important as the exercise itself and provides a way for members and their families to engage with others in a similar position on and off the pitch.
- To welcome family and friends to join us and experience being part of the Club. We are extremely proud of the community of we have created and this includes ensuring those closest to us also feel part of our community - we call them the Fighting Fit Family.

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- To ensure a duty of care to all members of the Club and promote the welfare and wellbeing of people with Parkinson's at all times. This includes making sure we play low contact football, with rules that keep everyone safe as best we can.
- To promote and develop football suitable and safe to anyone with Parkinson's irrespective of their age, gender, experience or ability. Our training sessions are aimed at everyone and will be adapted to encourage everyone to be involved.
- To ensure that all present & future members receive fair & equal treatment, in a way that ensures they feel included & enjoy their time at the club at all times. Our Club is open to all players regardless of gender, race, nationality, ethnicity, colour, religion, sexual orientation or perceived ability as a footballer.
- To provide a supportive & positive experience where enjoyment & positivity always comes first. Players will be able to try things without fear of failure or criticism, & at their own pace. They should be able to express themselves & their personality in a relaxed environment & grow their love of football as valued members of our community.



What the Club Will Expect From Members

Everyone who joins the Club has an important role to work together to create a positive environment for all. We want everyone to understand how they can help to make Fighting Fit Football a successful, supportive & respectful club that people enjoy being part of and can be proud of. We are extremely proud of the community we have created here at Fighting Fit Football and that is down to everyone understanding and following these values.

That is why we ask all our members to follow our Member Code of Conduct, appended to this document.

If you have any questions or feedback about the Club, our sessions, the Member Code of Conduct or Club Charter then please let us know. It is important that member's views about their club are heard and taken into consideration.

OUR VALUES

Our values underpin everything we do & strive to achieve at Fighting Fit Football.

Everyone involved with the Club - officials, coaches, players, family members & volunteers - should always strive to follow the values:

RESPECT

We treat our teammates, opponents, officials & club members respectfully. We value sportsmanship, fair play, respect & positivity at all times

INTEGRITY

We act in a fair, consistent, & transparent manner & ensure everyone is treated equally.

TEAMWORK

We (players, managers, parents, volunteers, and club officials) work & collaborate both on & off the pitch; this is our Club and we are stronger together as a result.

INCLUSIVITY

We promote & deliver an environment for all to enjoy the game of football. We believe Parkinson's should not be a barrier to participation.

EXCELLENCE

We strive to be the best in all that we do; the way we play, engage with others, & promote the values of our Club.



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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