



I recognise that as a member of the Great Britain Team, I am a representative of the UKU, GB Ultimate Players, and the sport of Ultimate. By signing this code of conduct I am agreeing to conduct myself in a manner befitting the Great Britain Junior Ultimate Teams from this date until the end of August 2019.

During the training camps, all GB Team travel, and at the World Junior Ultimate Championships, I will respect and follow rules and decisions set by all of the GB Team Staff, specifically I agree to the following:

- I will meet all deadlines for returning paper work and payments to the UKU
- I will not purchase, possess or consume any alcohol (even though I am old enough to legally do so)
- I will not purchase, possess or consume any drugs or any other inappropriate substances
- I will not purchase, possess or use any cigarettes/tobacco or any like substances
- I will not break any UK or European laws
- I will not break curfews set out by my Coaches and or Team Manager
- I will stay in my own room and not enter rooms belonging to those of the opposite sex
- I will abide by decisions made by the UKU on my behalf with regard to all sponsorship’s agreements
- I will not leave the training/tournament grounds without asking one of the coaches, and never on my own

I understand that if I violate any part of this code of conduct I will be subject to repercussions as determined by the GB Junior Coaching and Management staff and/or UKU Conduct Committee. These repercussions may include, but are not limited to:

- Forfeit of my GB Team Membership
- Being sent home from training/tournaments/competitions immediately AND **at my own expense**
- Possible suspension of UKU Membership

I will respect and support my team-mates, and dedicate myself to GB Ultimate to the best of my ability. I understand that this will affect our performance and could impact my place in the team. With this in mind, I agree to the following:

- I will dedicate myself to this team to the best of my ability in the lead up to Worlds/Europeans
- I will follow the conditioning plan according to the guidelines set out by my GB Team Coaches
- I will study the team strategy provided by my coaches
- I will arrive on time for all warm ups, games, and other team events with all the appropriate kit
- I will inform my coaches about all injuries, illnesses or ailments that I am aware of
- I will prepare both physically and mentally for all games including, correct amount of sleep, eating and drinking to ensure optimal fitness, limiting physical exertion out with games

Athlete Name..... Parent/Guardian Name.....

Signature..... Signature of Parent /Guardian.....

Date/...../..... Date...../...../.....