

NORTHERN TERRITORY INSTITUTE OF SPORT

ATHLETE CODE OF CONDUCT

As a Northern Territory Institute of Sport athlete I must:

Athletes must:

- (1) be aware of all aspects of, and abide by the NTIS Sports Medicine policies, NTIS Gym Rules and Etiquette, NTIS Recovery Centre rules and follow guidelines of the NTIS notified to Me from time to time;
- (2) attend training, testing, education sessions and all appointments when representing the NTIS on time. Contact the appropriate service provider if the Athlete cannot attend a session or running late. This includes other consultants e.g. doctor, physiotherapy, and nutrition appointments. Athletes must notify the relevant coach as soon as the Athlete become aware of reasons for an expected absence from training or competition. If unexpected, the Athlete must contact the Head Coach and explain the Athlete's absence and provide copies of medical certificates if relevant;
- (3) not possess or use illegal or prohibited drugs under the NTIS' Anti-Doping Policy;
- (4) not consume alcohol while wearing the NTIS uniform or representing NTIS with the exception that if I am over 18 I may consume alcohol in moderation at NTIS official functions at the discretion of NTIS personnel;
- (5) assist others to develop good attitudes, skills and knowledge relating to My sport;
- (6) work diligently and effectively in My studies and/or occupation while training and competing;
- (7) comply with the training requirements of My sport as specified by the NTIS or any Coach and to accept and respond in a positive manner to their constructive criticism;
- (8) participate in all competitions nominated or approved by My Head Coach, NTIS and the local sporting organisation. If necessary, Athletes are to fund all associated costs themselves, as NTIS is under no obligation to assist in funding travel and other costs of participation in those competitions;
- (9) abide by the spirit, as well as the letter, of the rules of My sport;
- (10) accept victory and defeat with dignity and grace;

- (11) display high standards in language, manner and preparation, and dress in a dignified manner when representing NTIS both on and off the competition arena;
- (12) wear the official NTIS uniform designated for My sport during training, testing and competition and at other official functions (including media interviews) as directed by My Coach or Director;
- (13) maintain current registration with the Athlete's local sporting organisation or NSO as stated within the Athlete's Application Form;
- (14) discuss with NTIS any change in their circumstances which has the potential to effect the Athlete's eligibility for support, for example relocating interstate;
- (15) be aware of all aspects of the NTIS Member Protection Policy and understand obligations to ensure a harassment free sport environment and avoid harassment consisting of offensive, bullying, abusive, belittling or threatening behaviour;
- (16) compensate NTIS for the cost of any repair or replacement for damage as a result of the Athlete's negligent or criminal behaviour;
- (17) demonstrate control, respect, dignity and professionalism to all involved with the NTIS and the sport- including opponents, coaches, officials, administrators, the media, parents and spectators including through the use of social media;
- (18) seek medical advice when required;
- (19) follow medical advice, perform rehabilitative exercises as advised, and follow a modified training program where appropriate; and
- (20) report sickness and injuries to relevant NTIS coach or appropriate NTIS staff member.