



## Code of Ethics U.M.F Stjörnnunnar

The Association's purpose for issuing this Code of Ethics is to provide its members with general guidance on conduct in play and work. The Code forms a part of the spirit that should prevail within the Association and should enjoy general support among members. The Code must be both encouraging and provide guidance and must be presented to all members.

### Trainer:

Treat all participants on an individual level and on their own merits.

Strengthen positive behaviour and conduct.

Ensure that the training and competition is appropriate to participants in light of their age, experience and talent.

Promote honesty (Fair Play) within the sport.

Recognise and respect the decisions made by referees.

Get participants to play an active part in decisions that involve them and teach them to take responsibility for their own behaviour and progress in the sport.

Be fair, caring and honest toward your trainees.

Use constructive criticism and avoid negative criticism.

Be mindful of the health and well-being of your trainees at all times, and avoid putting them in a position that is harmful to their health.

Pay attention to and care for trainees that have been injured.

Seek the assistance of other trainers and experts when necessary.

Recognise the trainees' right to seek advice from other trainers.

Never condone threatening or violent behaviour.

Never undertake to drive trainees, either to games or training sessions, except with the permission of parents.

Attend to trainees during training sessions and maintain your professional distance at other times. Avoid communications by telephone and the Internet except to notify of training sessions and to provide information.

Close physical relationships with trainees are not permitted.

Don't be a friend to participant under the age of 18 years old on social media.

All conversation with participant through social media should go through group conversations or group pages, individual conversation between participant and trainer should be avoided at all cost.

Never engage conversation with a participant or trainer which includes sexual undertone.

Be aware of your role as a role model, both on and off the pitch.

Always oppose the use of illegal drugs.

Always oppose the use of alcohol and all forms of tobacco.

Treat everyone equally, irrespective of gender, race, political views, religion or sexual orientation.

Never take advantage of your position as trainer to fulfil your own interests at the expense of the trainee.

Always keep in mind that you are developing a person, both physically and mentally.

Never place yourself in the position of being alone with a trainee.



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### Participant (younger) – You should:

Always do your best.

Always follow rules and customs relating to honesty in sports (Fair Play).

Participate in sports for your own enjoyment, not because your parents or trainer want you to.

Show respect to all participants, both team members and opponents.

Do not argue or have a dispute with the referee.

Show others respect and be honest and open toward the trainer and leaders within the Association who are responsible for you during training and in competitions.

Avoid negative gossip or demeaning comments to team members, opponents, referees, trainers or Association employees.

Treat others as you would wish to be treated.

Always be on time for training sessions and competitions.

### Participant (older) – You should:

Always do your best.

Always show respect to others, both in times of success and in times of adversity.

Always abide by rules and customs relating to honesty in sports (Fair Play).

Always keep health and well-being as a guiding light, avoid taking risks as regards your health and never consume illegal drugs to enhance your performance.

Always respect the decisions of referees and other employees of the match.

Respect the talents and abilities of others irrespective of gender, race, political views, religion or sexual orientation.

Avoid negative comments or scolding.

Be honest and open in co-operation with trainers and others who support you.

Take primary responsibility for your progress and development.

Always be a role model as regards behaviour, both on and off the pitch, and keep in mind that you are a role model for younger participants.

Never condone or exhibit threatening or violent behaviour.

Avoid close personal relations with your trainer.

Never engage conversation with a participant or trainer which includes sexual undertone.



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### Parents/guardians should keep in mind:

Children participate in sports for their own enjoyment, not to please you.

Encourage children to participate in sports – do not force them.

Encourage children to comply with and respect the rules of the sport and to resolve disputes without ill will or violence.

Support and encourage all children and young people – not just your own.

Be positive, both in times of success as well as in times of adversity.

Never make fun of a child or yell if a child makes a mistake.

Respect the work carried out by trainers – do not try to influence their work during a game or a match.

Regard the referee as the children's instructor – do not criticise his decisions.

Respect the rights of each child, irrespective of gender, race or religion.

Learn to appreciate the participation of volunteers within the Association, because without them, your child would not have the opportunity to take part in training and competitions with the Association.

### Board member / employee:

Safeguard the spirit and values of the Association and ensure that they are upheld by members.

Treat all Association members equally, irrespective of gender, religion, political views, race or sexual orientation.

Maintain democratic work practices.

Keep Association members well informed and ensure that members play as active a role as possible in all decision making.

Always be a role model as regards behaviour and conduct, both on and off the pitch.

Take seriously the responsibility you bear as regards the Association and trainees.

Always keep in mind that the Association is developing persons.

Operate the Association in accordance with legal and profitable accounting principles.

Never take advantage of your position within the Association at the expense of the Association.

Don't be a friend to participant under the age of 18 years old on social media. The only exception from this is if the participant is connected to you through family or work as an assistant coach with you.

All conversation with participant through social media should go through group conversations or group pages, individual conversation between participant and trainer should be avoided at all cost.

Never engage conversation with a participant or trainer which includes sexual undertone.



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### Supporters/spectators:

Remember that it is most important to encourage your team and praise a job well done. Supporters should encourage and praise.

Avoid derogatory comments to opponents and team members. This applies equally to the supporters of the opposing team as well as players and trainers.

Avoid negative behaviour at matches, such as inebriation and causing a commotion. Remember that you are an important role model for Association members and that your bad behaviour can harm the image of the Association as a whole.

Respect the work of referees and the team's trainers.

The role of supporters is extremely important to the Association. As a result, supporters must always uphold the values of the Association both on and off the pitch.