

Neston HC: Code of Conduct 2020/21

Within this document are the rules, standards and guidelines which ALL players, coaches, managers and other members who are involved with Neston Hockey Club must agree with and adhere to at all times whilst a member of the club.

This document should be read in conjunction with the England Hockey Code of Conduct entitled 'Respect' which is available on the club website.

If you have any questions, problems or issues with anything contained in this document, please get in touch and raise the issue with Emma Nokes, Rob Fisher (club captains) or Colin Leeman (chairman). It is absolutely paramount that as members, we have full ownership of the code of conduct and that it is tailored to the dynamics, beliefs and views of the particular squads and team.

MATCHES:

1. Every effort to be available for matches (league, pre-season etc) should be made.
2. Players must make inform their coach or captain of their unavailability for any match as soon as it is physically possible, but at the very least, two weeks in advance.
3. From Friday 9am until match-day meet time, if you are going to be late or cannot play then a text message is not acceptable. You must ring your captain for that particular match. A phone call before this is still preferable over a text if possible.
4. A team should aim to meet no later than 45 minutes before a match, with an hour being preferable.
5. Pre match preparations will be professional, including a team-talk and warm-up. Shin-pads and gum-shields must be worn during the match at all times.
6. Substitutes:
 - i) All subs must remain seated on bench, unless warming up or preparing to go onto pitch

- ii) Substitutes can encourage, celebrate and praise team mates on pitch, but **MUST NOT** criticise any player, opposition or team mate during the game
7. At the end of each game, we will shake hands and give 3 cheers to every opposition we play and shake hands with both umpires at the end of the game. A cool down and summary team-talk would be a good way to finish off the match.

PITCH DISCIPLINE:

1. Yellow / Green cards are a part of the game. Therefore to avoid them would be almost impossible! However, what we receive cards for can be controlled. Player penalties that could be decided at the start of the year by the squad, may be a good way of controlling how many cards are issued to players in a season.
2. Any player or official who receives a red card may appear before a panel consisting of at least two Neston Hockey Club Committee members to explain their actions. The Committee members will ordinarily be the Club Captain and Chairman. This panel may apply additional sanctions in addition to any applied by England Hockey.
3. Disrespect to other players / coaches / umpires will not be tolerated.

TRAINING:

1. Attendance at training should be compulsory throughout the sections, unless totally unavoidable due to work etc. Attendance to the additional fitness sessions is voluntary (although advisable).
2. If you are unable to attend a session, please inform the captain prior to the session. Injures major or minor, should also be reported to the captain as early as possible, with a general prognosis of when fit to play again.

3. Training attendance and match availability will be kept on record and may affect selection. An effort should be made to make training and matches on time.

GENERAL CONDUCT:

1. Alcohol consumption should be carefully considered 24 hours prior to a match.
2. For away matches, meet promptly at the designated time and everybody should be at the meeting point at least 5 minutes prior to departure time.
3. Everybody should feel comfortable to contribute to team discussions and give their opinions and that these opinions will be valued and respected by the squad.
4. Respect other people's opinions, even if you do not agree with them. Discrimination will not be tolerated and any player breaching this will appear in front of the club's committee.
5. Be proud to represent Neston HC and conduct yourself in manner that shows respect to the club and its members, at all times when representing Neston HC.
6. Abide by the England Hockey Safeguarding and Protecting Young People in Hockey Policy and Procedures, Good Practice Guidance, England Hockey Equality Policy and Anti-doping Rules.

DISCIPLINARY PROCEDURES:

Any serious breaches of the Code of Conduct will be dealt with away from the training / playing environment and will be dealt with by members of the Club Committee.

Efforts will be made to capture all appropriate evidence in order that an informed decision can be made. The sanctions imposed could include: -

- i) Exclusion from training / selection for an agreed period
- ii) Expulsion from the squad

Any breaches will be discussed privately with individuals, allowing opportunity for explanation.

Discipline will be fair and consistent across the whole squad, irrelevant of players perceived status or experience.
