



Avon Descent & Northam's Avon Descent Association Inc.

CODE OF CONDUCT

FOR COMPETITORS, SUPPORT CREW & VOLUNTEERS

This Code of Conduct acknowledges that every individual involved in the Avon Descent – from the highest levels down to the volunteers, competitors and the support crews themselves – is representing the event through their involvement.

As representatives of the event we must ensure that the behaviour we exhibit reflects what is expected of someone in our position and be conscious of how that behaviour might affect the experience of others or the reputation, image or the successful conduct of the event. This is not just a matter of how we behave on the water but also about how we behave in public, at functions and events during the event weekend and throughout the year on social media platforms.

1. Show Respect

- a. Show good courtesy and sportsmanship to those you are competing against regardless of skill level.
- b. Always respect the directions and judgements made by the Race officials and ADSU officials.
- c. Show the utmost respect for the time and effort contributed by volunteers at all levels.
- d. Show respect and courtesy to our partner Shires and their workers whose time and provision of facilities make the event possible.
- e. Do not use rude, insulting or inflammatory language, especially towards officials and volunteers f. Always respect the equipment and facilities provided and leave them in an appropriate condition after use.

2. Play Fair

- a. Always follow and adhere to the Event Rules for the fairness of everyone.
- b. Do not participate in or encourage any conduct which knowingly breaches the Event rules or Code of Conduct or which might unfairly disadvantage others.
- c. The honour system should govern the conduct of all – if you think something is wrong or is being taken advantage of then please do the right thing.

3. Be Safe

- a. If you experience an injury that requires medical attention then always seek assistance immediately.
- b. When you witness someone in an emergency situation, we encourage you to lend assistance so long as you can do so without putting yourself in danger.
- c. Always follow the road rules throughout the event weekend and heed all speed limits, signs and traffic controls.
- d. Never encourage or participate in activities that risk the safety of yourself or others.
- e. Always hold your line when another craft is overtaking you on the water to allow them to pass safely.
- f. Take full regard for the safety briefing ahead of the event as conditions will continue to change.

4. Be Healthy

- a. Always listen to your body and physical limits, taking breaks when necessary.
- b. Always participate in and promote healthy activities and fitness during and in the lead up to the event.
- c. Ensure that your fitness levels and safety skills are up to standard ahead of taking on any challenges.
- d. Be responsible at all times with your nutrition and hydration during training and race day.
- e. Always act responsibly in the use of alcohol and other substances.

5. Give Back

- a. When you want to see a change, be the example and volunteer to help make a difference.
- b. Help to mentor and coach those around you who may not have the same levels of experience.
- c. Always be generous with your experience and knowledge so that others will in turn do the same for you.
- d. Wherever possible, help to support the many volunteer groups and associations who make up the Avon Descent community.

6. Bring Your Best

- a. Always bring your best when on and off the water, whether you are competing, supporting, officiating or volunteering.
- b. Remember that you will inspire those around you and that others – especially children – will look to you to set the example.
- c. Ensure that your contributions to the event and atmosphere are always of positivity and good conduct.
- d. Always support your team through cooperation, communication and encouragement.

7. Include All

- a. Do not discriminate against others on the basis of race, religion, gender, age, nationality, disability, marital status or sexual orientation.
- b. Always include others and avoid doing things which might cause others to feel excluded.
- c. Especially help to encourage and assist the participation of those who may be disadvantaged or from less fortunate groups.
- d. Always welcome newcomers with openness and support.

8. Have Fun

- a. Ensure that your participation is grounded in your continued enjoyment of the event.
- b. Do not do anything which could reasonably impede the enjoyment of others in the lead up to or during the event.
- c. Remember that not everyone is here to win and that many just want to enjoy the event.
- d. Be a positive advocate to others and create an environment that allows others to do the same.