

ACLO Code of Conduct

At the ACLO, we believe it is important that everyone can enjoy their sport and do so in safety. Therefore, we expect ACLO cardholders to treat each other with respect. The code of conduct below confirms the norms and values of the ACLO, and lists a number of points of departure for compliance. Please take care of each other and apply the following in all situations.

General

This code of conduct is applicable for all ACLO card holders.

Adoption of the Code of Conduct

The ACLO code of conduct is established by the General Board. Proposals for change(s) can be submitted to the Executive or General Board. A majority vote of the General Board is required to implement changes to the code of conduct.

Confidential contact person

At least two confidential contact persons (CCP) are available at the ACLO. A CCP is a central point of contact at the club or within an organization where a member can go to discuss transgressive behavior in confidence. These persons are available to all ACLO stakeholders and will treat the information provided to them in confidence. These persons will also adopt an accessible role at all times.

The athlete at the ACLO

- **Is competitive but fair.** You treat opponents fairly, take losses well, and are not hateful.
- **Is open.** If you are asked to do something that goes against your own feelings, norms and values: report this, for example to the board. For questions and reports, you can also contact the Centre for Safe Sport in the Netherlands.
- **Respects others.** You have respect for everyone. For the opponent(s), your teammates, the referee, your trainers, the spectators and everyone else. Watch your language and how you present yourself to others. Give everyone the feeling that he or she can move freely.
- **Respects agreements.** Be on time, sign off (in good time), listen to instructions and keep to the rules.
- **Treats the surroundings with respect.** Do not break anything, respect everyone's property. Leave the dressing room tidy. Tidy up the materials. Throw waste into the waste bins.
- **Does not touch others.** Do not touch anyone against his or her will (outside of normal sports practice).

- **Sticks to the rules.** Read the regulations, the house rules, this code of conduct and all other agreements, and abide by them.
- **Does not violate anyone's dignity.** Refrain from discriminating, belittling or intimidating remarks and behavior. Do not exclude anyone and be tolerant.
- **Does not discriminate.** Do not discriminate on the basis of religion, belief, political opinion, race, gender, sexual orientation, cultural background, age or other characteristics.
- **Does not force oneself on another person.** You don't make contact in an unpleasant way and you respect the answer 'no'.
- **Fights on the mat or in the ring,** but not outside. Use what you have learned in a martial art only for defense.
- **Reports any violations of this code of conduct.** Report any violations of this code to the board and/or the confidential contact person of the sports association or your sports federation.
- **Does not drink alcohol excessively during and after practicing a sport and does not use drugs during and after practicing a sport.**

Disciplinary measures

Disciplinary measures may be imposed for behavior that is not in line with the ACLO code of conduct. The Executive Board and General Board of the ACLO are authorized to impose disciplinary measures as described in article X.4 of the Internal Regulations.