

# Players Training Code of Conduct:

## *I am committed to...*

- Being an active, participating and contributing member of National & Regional Squads
- Arriving on time and staying for the duration of every squad session
- Being 100% fully fit and healthy when attending squads
- Reporting of injury/illness or any performance related issues prior to squad
- Working/learning & demonstrating progress and development in my squash
- Respecting the coaching staff and fellow players
- Respecting club/hotel staff & any club/hotel regulations
- Not carrying or drinking alcohol at ESR training sessions.
- Competing and training drug-free
- Behaving like an ambassador for ESR on and off-court
- Not using my mobile phone during squad sessions
- Attending promotional activities by ESR, if requested

# Players Tournament Code of Conduct:

## *I am committed to...*

- Acting as an Ambassador for Club, County, Area and ESR – responsible for the positive image of the game of squash
- Maintaining a positive temperament
- Respecting all tournament organisers/officials
- Abiding by tournament rules and regulations
- Not carrying or drinking alcohol at any ESR, ESF and WSF Sanctioned Events
- Competing and training drug-free
- Medical preparation for travel (if required)
  - injections required
  - hydration / nutrition
- Complying with Visa requirements (if required)
- Effective use of time – during tournaments and between tournaments.
- Supporting team/squad members.
- ESR, ESF and WSF Sanctioned Events

I agree to abide by this Code of Conduct:

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Signed by the player  
please print your name

I / We agree to this Code of Conduct

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Signed by the parent/guardian

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Squad/Event Date:

