

Herts Tennis Code of Conduct for Players

Players representing Hertfordshire are expected to commit to fair play and professional conduct:

TEAM: We are all part of the Herts team. Everyone has a role to play and is an equal. You are expected to support your team mates, be friendly and welcoming to other children and adults.

RESPECT: You are expected to respect your team mates, opponents, parents, coaches and officials. Respect the rights, dignity and worth of all participants, regardless of age, gender, ability, race, culture, religion or sexual identity. Respect the rules of the game and observe fair play both on and off court.

CONDUCT: You must not use bad or inappropriate or racist language, including on social media. You must not bully, intimidate or harass anyone, including on social media. You must not smoke, drink alcohol or take drugs of any kind whilst representing the county at competitions or events.

PRE & POST MATCH PREPARATION: At team competitions the morning warm up will be as a team. Before your matches you are responsible for your own warm-up. After matches you are expected to cool down/stretch and drink/eat. Ensure you have packed your skipping rope, elastic bands, foam rollers and any other equipment that is part of your usual routine.

COMPETE: Compete for every match, game, point and ball. Never give up and keep your head. Focus on the things that are in your control: your work rate, your attitude and your match goals. Lose a point and it's just a point, lose your head and you risk losing the match.

EQUIPMENT: You must respect your equipment - your racket must not leave your hand or be hit. It is your responsibility to have your kit organised, rackets strung, spare grips, healthy snacks, water bottles filled, change of clothing, sun cream applied etc.

OVERNIGHT EVENTS: For residential events there will be room curfews and strict lights out/quiet time. You are not permitted to leave your room after set curfew times except in an emergency. Do not enter anyone else's bedroom, especially adult's room or rooms occupied by the opposite gender. Respect the tennis venue and team hotel.

REST: To maximise your performance you should have at least 9 – 10 hours of sleep.

FUEL: Make sure you have enough healthy food, snacks and fluids to maintain your energy levels and hydration throughout the day. You need to eat at least every 3 hours.

PRIDE: You are representing your County, this is a great achievement, stand tall, wear your Herts shirt with pride and give the absolute best of yourself both on and off court.

VALUES: Uphold our Herts Tennis Values of **Honesty, Excellence, Resilience and Sportsmanship** and the LTA Code of Conduct 2022 <https://www.lta.org.uk/494b8d/siteassets/about-lta/file/lta-code-of-conduct.pdf>

CONCERNS: If you have any worries about yourself or others talk to the county official in charge of your event and follow the Safeguarding Reporting Procedures. In an emergency call 999.

Please note:

Players who do not adhere to this jeopardise their place in the team and future selection.

This Code of Conduct is reviewed every two years (or earlier if there is a change in national legislation) and recommended for approval by:

Herts Tennis Chairperson **Lee Evans** **Date: 17th January 2023**
County Safeguarding Officer **Tessa Terry** **Date: 17th January 2023**