

HERTS PLAYER “COMMITMENT TO FAIR PLAY & PROFESSIONAL CONDUCT”

Players involved in Hertfordshire events should adhere to the following:

TEAM - We are all part of the Herts team. Everyone has a role to play and is an equal. You should support your team mates.

RESPECT – You should respect your team mates, opponents, parents, coaches and officials. Respect the rights, dignity and worth of all participants. Respect the rules of the game and observe fair play both on and off court.

CONDUCT – You must not use bad or inappropriate 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 should 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 should respect your equipment - your racket should 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 - Herts players should uphold the LTA Fair Play principles and demonstrate the Herts values:

Honesty – Excellence – Resilience – Teamwork – Sportsmanship

Concerns: If you have concerns or worries about yourself or others talk to the county official in charge of your event or contact the LTA Safeguarding Team - 020 8487 7000, <https://www.lta.org.uk/about-us/safeguarding-protection> - Outside office hours call the NSPCC on 0808 800 5000. If someone is in immediate danger call 999.

Please note: Incidents of a player breaking the “Commitment to Fair Play and Professional Conduct” that are deemed to be of a serious nature will be treated as disciplinary issue and may result in Herts Tennis removing the player from County training and/or event, suspension of funding and affect selection for future teams.