

Code of conduct KUNST

1. **Fun in sport is most important.** Fun in gymnastics is of the highest priority, where pressure to perform should never suppress this.
2. **Be respectful to others.** Have respect for everyone. For your fellow gymnasts, trainers, judges, spectators and everyone else. Thank, congratulate and encourage each other in a friendly and sociable way. Make sure not to overstep others' boundaries.
3. **Treat each other as you would like to be treated yourself.** Make sure you use friendly language towards each other and do not touch anyone against their will. Make everyone feel free to move around. Refrain from discriminatory, belittling or intimidating remarks and behaviour.
4. **Give each other only constructive criticism and tips.** Be nice to each other and respect another's boundaries in giving criticism and tips.
5. **Respect each other's privacy.** This includes posting photos and videos online.
6. **Everyone is welcome, regardless of origin, appearance, gender or orientation.** Do not discriminate on the basis of religion, belief, political affiliation, race, gender, disability, sexual orientation, cultural background, age or other characteristics.
7. **Be fair and sporting.** Do not cheat, do not use verbal or physical violence, do not use doping. Do not participate in fixing a match, competition or record. Don't bet on your own matches.
8. **Allow trainers and board members rest as well (online).** Do not always expect an immediate response and be patient.
9. **Keep enough professional distance, between members, board members and trainers.** You can always socialise with others, but always keep your distance.
10. **Treat the surroundings nicely.** Do not break anything, respect everyone's property. Leave the changing room tidy. Clean up the materials. Throw waste in the waste bins.
11. **Speak to each other about transgressive behavior.** Report violations of this code to the board and/or the confidential contact person of the sports association or your sports federation. For questions and reports, you can also contact the Centrum Veilige Sport Nederland. NB: If someone has shared something confidential with you, call the Centrum Veilige Sport Nederland, for example. They can then discuss what you can do.
12. **Be open and tell what is bothering you.** If you are asked to do something that goes against your own feelings, norms and values: report this, for instance to the board or the confidential contact person. For questions and reports, you can also contact the Centrum Veilige Sport Nederland. Also when you are asked to cheat, report this.
13. **We are jointly responsible for a good atmosphere inside and outside the gym.**