

Code of Conduct / Rules & Behaviours

1. Respect & Inclusion

- Everyone is valued — respect each other's abilities, differences, and personal space.
- Bullying, teasing, or discriminatory behaviour will not be tolerated.
- Support each other and encourage participation.

2. Participation & Safety

- Take part at your own pace — don't feel pressured to do anything you're not comfortable with.
- Follow the instructions of the coaches at all times.
- Use equipment safely and as instructed.
- Report any injuries, hazards, or unsafe conditions immediately to a coach.

3. Personal Responsibility

- Listen to your body — rest or ask for help if needed.
- Be responsible for your own belongings; label your personal items where possible.
- Wear suitable clothing and footwear for indoor and outdoor sports activities.

4. Communication

- Raise any concerns with a coach promptly.
- Use positive language and encourage others.
- Ask for help if you need support with activities or equipment.

5. Behaviour Expectations

- Be friendly, patient, and polite.
- No physical aggression or deliberate rough play.
- Respect the venue, equipment, and other participants.

6. Accessibility & Inclusion

- Wheelchair users and participants with additional needs will be fully supported.
- Coaches will provide adaptations to ensure everyone can take part safely.
- Assistants or carers accompanying participants are welcome and may be asked to help if needed.

7. Consequences

- Minor breaches: gentle reminder and discussion with the participant.
 - Repeated or serious breaches: participant may be asked to sit out or, in extreme cases, leave the session for safety reasons.
 - Any unsafe or abusive behaviour may result in permanent exclusion.
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By participating in Abilities United Ltd sessions, you agree to follow these rules to ensure a safe, inclusive, and fun environment for all.

Participant Signature: _____ Date: _____

Carer/Assistant Signature (if applicable): _____ Date: _____

Coach Signature (Abilities United Ltd): _____ Date: _____