

## **Dragons Abreast – ACT**

### **Code of Conduct**

It is the obligation of all members and affiliate members of Dragons Abreast – Australian Capital Territory to act in the best interests of the club at all times. To this end, all members regardless of their position or seniority within the club have six primary obligations with respect to their conduct both as an individual and as a member of the team.

As team members, our six commitments to each other are as follows:

- Foster participation and inclusiveness in our words and deeds in order to build team camaraderie, no matter whether we are taking part in DA ACT or composite teams, or participating locally, nationally or internationally.
- Approach all aspects of training with perseverance and commitment in order to enhance and maintain our physical fitness and wellbeing.
- Be supportive of all members, acting in a positive, empathetic and encouraging way. In doing so we will facilitate survivorship, support and enable us all, regardless of our breast cancer experience to celebrate and reflect on living life as strong, fun loving women.
- Treat each other equitably; communicate courteously and with respect and with regard to confidentiality, practice timeliness and punctuality both at training and regattas. Facilitate team cooperation, providing reassuring assistance to anyone who may need mentoring or encouragement.
- Understand and acknowledge the responsibilities that the coach, sweep and team captain has by following their directions to ensure our dragon boating is a safe, satisfying and fun experience.
- Support Dragons Abreast Australia as a member team.