

Ignite Netball Club Codes of Conduct



TABLE OF CONTENTS

<u>Code of Conduct - Committee Members and Volunteers</u>	<u>3</u>
<u>Coaches' code of conduct</u>	<u>8</u>
<u>Parents' code of conduct</u>	<u>12</u>
<u>Players' code of conduct</u>	<u>15</u>

Code of Conduct – Committee Members and Volunteers

All committee members and volunteers MUST adhere to the following principles and actions:

Sexual Conduct

- Sexual contact with a child is prohibited.
- Grooming a child is prohibited (“Grooming” is any communication or conduct linked to an intention to facilitate the involvement with a child in sexual behaviour.)
- Any form of sexual attention towards others in the presence of a child or any sexual remark, joke or innuendo in the hearing of a child is prohibited.
- Showing a child any pornography or suggestive or explicit material is prohibited.

Physical Conduct

- Physical abuse is prohibited.
- Physical contact with a child is generally to be avoided.
- Specifically, massaging, pinching, punching, pushing, sitting on laps, and any form of assault is prohibited.
- Any physical contact must be socially appropriate and must only be in an open public place.
- Physical contact is permitted when necessary for wellbeing or medical purposes. Physical contact may be provided to comfort a distressed child in the form of a side hug. Front hugs or embraces are not permitted.
- Physical contact necessary for coaching purposes is allowed but only when considered necessary. Such contact must be confined to socially appropriate contact with non-intimate parts of the body such as the shoulders, arms or lower legs. Wherever possible strategies should be used to avoid this contact such as using another adult to demonstrate the technique.
- Physical force must not be used unless necessary to safeguard a child against immediate physical danger (e.g. separating children from a fight).
- Any physical contact must be stopped if the child indicates he or she does not consent to the contact.
- Always work in an open environment. Do not be alone with a child (apart from one’s own child) in private or unobserved situations. Encourage open communication with no secrets.

Verbal or Psychological Abuse

- Any form of verbal abuse or denigration of a child is prohibited.
- Any form of psychological abuse or attempts to psychologically control or manipulate a child is prohibited.
- Any attempt to prevent a child from sharing any conversations or information or in any way “keep secrets” from their parents, other committee members or volunteers is prohibited.
- Sharing with a child any film or material that is demeaning to another person or otherwise offensive or inappropriate is prohibited.

Respect of Cultural and Linguistic Diversity

- All children, including Aboriginal children, children from culturally and/or linguistically diverse backgrounds, and children with a disability must be treated equally and with respect and dignity.

Transport

- Avoid being alone in a car with a child. It is always preferable to have your own child or other children in the car whilst transporting a child.
- Where transporting a child alone is unavoidable the following procedures must be followed:
 1. The person transporting the child must obtain the consent of the child's parent by SMS or email prior to transporting the child;
 2. The child must be seated in the back seat;
 3. The vehicle must be registered and roadworthy and the child must wear a seatbelt.

Change room arrangements

- Committee members and volunteers may be required to supervise children in change rooms.
- Where this occurs staff and volunteers must:
 1. Provide sufficient supervision to prevent abuse by any other person including members of the public or peers, whilst respecting the children's privacy;
 2. Never be alone in a change room with one child;
 3. Not undress or change themselves whilst in the change room with children;
 4. Males must never supervise female children and females must never supervise male children.

Gifts

- Gifts from a committee member or volunteer to a child are only acceptable as a reward or prize and must be given in a public area with no secrecy about the gift or why it is being given.

Use, possession or supply of alcohol or drugs

- Committee members and volunteers must not use, possess or be under the influence of alcohol or illicit drugs whilst with a child or any such substance to a child.

Supervision

- Committee members and volunteers must ensure that children are adequately supervised whilst engaged in activities with the Club including games, training and other programs to ensure that all children are a safe environment and are protected from external threats or abuse from others.

Language

- Language and tone of voice used in the presence of children should provide clear direction, guidance, encouragement and affirmation, but should not be abusive or harmful.
- All committee members and volunteers must avoid language that is threatening, frightening, discriminatory, racist, sexist, derogatory or belittling to any person.

Electronic communication

- Group SMS and emails are acceptable.
- Individual SMS and emails should be avoided but may be used to communicate urgent messages where necessary and appropriate. A copy of the message should be sent to a parent of the child. A copy of the communication must be retained.
- Committee members and volunteers must not initiate social media contact with a child nor initiate 'friending' a child unless the consent of a parent is obtained in writing.
- Committee members and volunteers must not use social media private messaging services to communicate with a child.

Responding to suspicions and allegations

It is not the responsibility of any committee member or volunteer to decide whether or not child abuse has taken place. However, there is a responsibility to act on any concerns through contact with the appropriate authorities so that they can then make inquiries and take necessary action to protect the child. This applies **BOTH** to allegations/suspicions of abuse occurring within our Club's activities or elsewhere.

Any committee member or volunteer has a responsibility to report an allegation of abuse if he or she has a reasonable belief that an incident took place. Factors contributing to reasonable belief may be:

- A child states they or someone they know has been abused (noting that sometimes the child may in fact be referring to themselves).
- Behaviour consistent with that of an abuse victim is observed.
- Someone else has raised a suspicion of abuse but is unwilling to report it.
- Observing suspicious behaviour.

Any committee member or volunteer who has a reasonable belief that a child has been abused must immediately report their concern to a member of the Ignite Executive Committee and follow the directions given.

If an Executive Committee member is not available you should take responsibility and seek advice from the duty officer at your local social services department (1300 360 391) or the police (000).

All suspicions and allegations **MUST** be reported appropriately. It is recognised that strong emotions can be aroused particularly in cases where sexual abuse is suspected or where there is misplaced loyalty to a colleague. It is important to understand these feelings but not allow them to interfere with your judgement about any action to take.

Receiving evidence of possible abuse

If a child directly reports abuse to you it is particularly important to respond appropriately. If a child says or indicates that he or she is being abused, you should:

- **Stay calm** so as not to frighten the young person.
- **Reassure** the child that he/she is not to blame and that it was right to tell.
- **Listen** to the child, showing that you are taking him/her seriously.
- **Keep questions to a minimum** so that there is a clear and accurate understanding of what has been said. The law is very strict and child abuse cases have been dismissed where it is felt that the child has been led or words and ideas have been suggested during questioning. Only ask questions to clarify.
- **Inform** the child that you have to inform other people about what he/she has told you. Tell the child this is to help stop the abuse from continuing.
- **Safety of the child** is paramount. If the child needs urgent medical attention call an ambulance, inform the doctors of the concern and ensure they are made aware that this is a child protection issue.
- **Record** all information on the "Suspected Child Abuse Report Form".
- **Report** the incident to the Club's Executive Committee.

Recording Information

To ensure that information is as helpful as possible, a detailed record should always be made at the time of the disclosure/concern. In recording you should confine yourself to the facts and distinguish what is your personal knowledge and what others have told you. Do not include your own opinions.

Information should include the following:

- The child's name, age and date of birth
- The child's home address and telephone number
- Whether or not the person making the report is expressing his/her concern or someone else's
- The nature of the allegation, including dates, times and any other relevant information
- A description of any visible bruising or injury, location, size etc. Also any indirect signs, such as behavioural changes
- Details of witnesses to the incident
- The child's account, if it can be given, of what has happened and how any bruising/injuries occurred
- Have the parents been contacted? If so what has been said?
- Has anyone else been consulted? If so record details
- Has anyone been alleged to be the abuser? Record details.

Please see the "**Suspected child abuse report form**" in the appendices of the Child Protection Policy.

Precautions to be Taken While Photographing Children

When photographing or filming a child or using children's images for Club related purposes, one must:

- Assess and endeavour to comply with local traditions or restrictions for reproducing personal images before photographing or filming a child.
- Obtain informed consent from the child and parent or guardian of the child before photographing or filming a child. As part of this one must explain how the photograph or film will be used.
- Ensure photographs, films, videos and DVDs present children in a dignified and respectful manner and not in a vulnerable or submissive manner. Children should be adequately clothed and not in poses that could be seen as sexually suggestive.
- Ensure images are honest representations of the context and the facts.
- Ensure file labels, meta data or text descriptions do not reveal identifying information about a child when sending images electronically or publishing images in any form.
- Understand that the onus is on him/her to use common sense and avoid actions or behaviours that could be construed as child exploitation and abuse.

Coaches' Code of Conduct

Netball is intended to be a recreational activity for enjoyment and health. This code of conduct has been developed by Netball Victoria to give participants some guide to the expectations it has on those participants. It is intended to assist everyone to obtain the maximum benefit and enjoyment from their involvement in netball. As a result, the quality of participation will be improved so people are more likely to start and continue their involvement in netball. Enjoy!!

1. Commitment to Child Safety

Ignite is committed to ensuring our club creates and maintains a culture and operating environment in which all children are safe.

Coaches (in conjunction with Ignite) are responsible for providing a safe and positive experience for the children they coach.

2. Remember that netball is for enjoyment.

Remember that netballers play for fun and enjoyment and that winning is only part of their motivation. Always make sure that participants are made to feel welcome whenever they attend for training or a match. Ensure that activities are carefully planned, well-structured and varied to provide opportunities for individual and team development. Be willing to depart from the plan to take advantage of an unexpectedly high interest in a particular activity. Never ridicule players for making mistakes or losing a competition. See errors or losses as an opportunity to learn in a constructive way. Comment in a way that is positive and designed to create interest, involvement and development.

3. Be reasonable in your demands

In scheduling training and playing times and days, be reasonable in your demands on players' time, energy and enthusiasm, taking into account their age, level of play and other commitments such as school and employment. Young children are likely to have more time but short attention spans. They may have plenty of energy but are likely to need more guidance on how best to look after their bodies. The differences in physical and mental maturity can be quite marked in younger children of the same age group. All these factors need to be considered in coaching young children.

Older children have greater demands from their studies and many of them need to work to assist their schooling. They also have many social demands. Try to assist them in achieving a good balance between the various demands on them. Adults should in most cases be capable of making their own decisions on priority between netball and other demands such as work, family and social engagements. Respect those decisions.

4. Teach understanding and respect for the rules.

Teach your players that understanding and playing by the rules is their own responsibility and that the rules exist for the safety, proper order and enjoyment of all people involved in netball. The lessons to be learned in this respect in netball are lessons that can and should be carried over into all aspects of their lives. Do not encourage players to ignore or deliberately break any rules.

5. Give all players a reasonable amount of court time.

All players need and deserve reasonable court time. Avoid over-playing the talented players. It is unfair to both them and those who are not so talented. Players cannot improve without the opportunity of a reasonable amount of match practice. Talented players can burn out. Having no or little time in court can cause players to suffer from morale problems and they can lose interest in the sport altogether.

6. Develop team respect for the ability of opponents including their coaches.

Part of participation in sport is respect for all participants in the game. Encourage your players to accept that their opponents are entitled to proper courtesy. This means introducing themselves to their opponents on court, congratulating them whether they win or lose and accepting loss gracefully. Teach them that the opposition coach is there trying to do the best for their team and is also entitled to respect.

7. Instil in your players respect for officials and an acceptance of their judgement.

Players should be taught to understand that officials have a very difficult task to perform and that without them games could not be played. They are there to enforce the rules of play but they cannot always be right. Teach your players to accept bad calls graciously. Abuse of referees is unacceptable behaviour that should not be tolerated. Players who consistently dispute decisions or do not accept bad decisions should be singled out for counselling and guidance.

8. Guide your players in their interaction with the media, parents and spectators.

It is sometimes very difficult for players to concentrate on the game when there is the distraction of the presence of friends and relatives as spectators. Coaches have a difficult role to play in teaching players respect for their parents and other spectators but also teaching them to maintain concentration on the team plan if spectators become over-enthusiastic. Parents sometimes make demands on their children's time which interferes in their netball activities. Respect this and try to structure your coaching and their training and playing times and obligations to take those demands into account. There are many other factors which need to be balanced, including venue availability and requirements of administrators. The coach's task is not easy. The presence of media at a netball game can lead to a temptation by some players to "show off" or otherwise act differently from how they would act normally. Encourage your players to not be awed by the presence of the media. Also teach them that if they are approached for an interview after a game they are representing the whole sport and should behave accordingly.

9. Group players according to age, height, skills and physical maturity, whenever possible.

Uneven competition can lead to a loss of enthusiasm. Coaches should always try and group players of reasonably equal ability. In coaching children it is important to remember the different maturity rates for children of the same age. A player in their early teenage years may be the tallest in their team and yet because they have matured early, be one of the shorter players in only a brief time. Coaches must be ever vigilant to ensure that changes in height and other physical characteristics are noticed and acted upon.

10. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.

In our increasingly litigious and accountable society, all those involved in sport have a responsibility to take all reasonable steps to ensure the safety and well-being of participants. Coaches are in a unique position to control many of the factors which can have an effect on this welfare. Coaches should be aware of the dangers factors such as heat and dehydration, wet floors and other potentially hazardous environmental situations can cause. A coach has a responsibility to avoid putting players into dangerous conditions.

11. Be prepared to lose sometimes.

Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals. Guide your players to accept a loss in this spirit.

12. Act responsibly when players are ill or injured.

Show concern and take responsibility for players who are sick or injured whilst under your care. Follow the advice of a physician when determining when an injured or ill player is ready to recommence play. If a player is injured on court, make sure that there is no danger of further aggravation of the injury by prompt removal of the player if this is appropriate. Qualify yourself to administer first aid so that you can recognise the seriousness of an injury or illness and act accordingly.

13. As well as imparting knowledge and skills, promote desirable personal and social behaviours.

Be aware of the role of the coach as an educator. Particularly with young people, the way they perform in their lives is influenced by many factors. An important influence is the person they see as a role model. Coaches often take on the part of role model for many young people. It is therefore important to ensure that the influence from coaches is seen in a positive light rather adversely. What you say and how you act can be most important in modelling the behaviour of players.

14. Keep your knowledge current.

Seek to keep abreast of changes in sport. Ensure that the information used is up to date, appropriate to the needs of players and takes into account the principles of growth and development of children. Players cannot learn from you if your skills and knowledge are inadequate.

15. Ensure that any physical contact with a player is appropriate.

Physical contact between a coach and a player except that which would be considered usual social contact such as the shaking of a hand or a “high five” should be rare. Gestures which can be well meaning, or even considered by some to be acceptable, may be unacceptable to others. Sometimes physical contact can be misinterpreted as sexual harassment or even molestation. Particular care needs to be taken in coaching children. Ensure that if there is physical contact with a player that it is appropriate to the situation and necessary for the player’s skill development.

16. Avoid personal relationships with players.

Personal relationships with players can often be misinterpreted as something sinister. Friendship with players is essential to building trust between a coach and players. However, the power imbalance in a coaching situation can make it unwise for a relationship to develop beyond friendship. Particular care must be taken when coaching children.

17. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with netball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

18. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you and your players do not abuse anything provided for use. Discourage players from hanging off hoops or “slam dunking”. Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

Parents' Code of Conduct

Netball is intended to be a recreational activity for enjoyment and health. This code of conduct has been developed by Netball Victoria to give participants some guide to the expectations it has on those participants. It is intended to assist everyone to obtain the maximum benefit and enjoyment from their involvement in netball. As a result, the quality of participation will be improved so people are more likely to start and continue their involvement in netball. Enjoy!!

1. Commitment to Child Safety

Ignite is committed to ensuring our club creates and maintains a culture and operating environment in which all children are safe. Parents, in conjunction with Ignite, are responsible for providing a safe and positive experience for all children.

2. Encourage your children to participate for their own interest and enjoyment, not yours.

Support your children in their participation in netball but do not force them to play if they don't want to. Sport is played by children for enjoyment and fitness. It is good for their bodies but should also be good for their minds. If they feel too much pressure from you it may make them rebellious or even depressed. It is very tempting for parents who are involved in a sport, or who have children with abilities they wish they had themselves to try and force the children to participate or to participate at a level to which they do not aspire. Resist the temptation.

3. Encourage children to always play by the rules.

Just as responsible parents teach their children to obey the law of the land, so should those same parents encourage their children to play sport by the rules. If your children show no respect for the rules of the game of netball, they can also come to believe that breaking the law is acceptable too. If you see your children constantly breaching rules you should be prepared to speak to them at an appropriate time.

4. Teach children that an honest effort is always as important as a victory.

Your children will suffer many disappointments in their lives. You should teach them from an early age that whilst a win in netball will bring them much pleasure, it is not the most important thing. Participating to the best of their abilities is far more important than winning. You can help them learn this, so that the result of each game is accepted without undue disappointment.

5. Focus on developing skills and playing the game. Reduce the emphasis on winning.

If children see that effort is rewarded by an increase in skills, they will derive considerable pleasure and see the importance of striving to improve over the necessity to win every game. Primary responsibility for skills training rests with the children and their coaches but you can assist with their enthusiasm by attending games, encouraging them to practise away from formal training and games and even joining in with this practice.

6. A child learns best by example. Applaud good play by all teams.

Acknowledge all good plays whether they be by your children's team or the other team. Good manners and respect can be infectious. If you acknowledge the achievements of your children's opponents it is likely your children will follow suit. This can assist to create a positive and supportive climate for all children involved in the game.

7. Do not criticise your own or others' children in front of others.

Reserve constructive criticism of your own children for more private moments. Children can be very sensitive and feel strong humiliation if they are criticised in front of their peers. When you do feel the necessity to speak to your child about something that displeases you, make the effort to explain what the problem is and why you are concerned about it. If you can see some way of avoiding the problem in the future, also explain this to the children. Give your children an opportunity to offer you an explanation. You are not communicating with your children effectively if all the communication is one way.

8. Accept decisions of all referees as being fair and called to the best of their ability.

Referees and officials have a difficult task to perform and your children could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of referees is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions are bad sports. If you disagree with a decision, discuss it with your children in a constructive manner.

9. Set a good example by your own conduct, behaviour and appearance.

Children often learn by example. You are the prime role models for them. Make your parenting rewarding and beyond criticism by leading by example. Do not criticise opposing team members or supporters by word or gesture. Accept loss graciously and applaud the efforts of all playing the game. Do not be one of the "ugly" parents occasionally seen at sporting events.

10. Support all efforts to remove verbal and physical abuse from sporting activities.

Parents have considerable influence in how sports are conducted. Often they are called on to perform volunteer work to help organise their and others' children's activities. Use this rewarding experience, not just to assist in getting the necessary work performed, but also to influence the atmosphere in which your children play the sport. Children not as fortunate as yours whose parents are not willing or able to be involved may need some guidance on what is or isn't acceptable behaviour.

11. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with netball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution. Your children will most likely follow your lead in matters of discrimination and vilification.

12. Show appreciation for volunteer coaches, officials and administrators.

Volunteers are necessary for the functioning of sporting activities. Without them, your child could not participate. Whilst many are parents of people involved in the sport, many are also people dedicated to the sport and its development. Show them the respect and appreciation that they deserve.

13. Keep children in your care under control.

Netball encourages you to bring your children to games. However, there can be dangers to them in a netball stadium. They can also constitute a danger to players. You should ensure that children with you at a netball game are well behaved and do not wander onto or too near to courts. They can easily be knocked down by a player or a player can trip over a child when concentrating on the play and not expecting a small child to be in the way.

14. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use. Discourage your children from engaging in dangerous practices such as hanging off hoops or "slam dunking". Quite properly, these practices are banned in most venues. Not only can equipment be damaged but serious injury can occur.

Players' Code of Conduct

Netball is intended to be a recreational activity for enjoyment and health. This code of conduct has been developed to give participants some guide to the expectations the Ignite Netball Club has on those participants. It is intended to assist everyone to obtain the maximum benefit and enjoyment from their involvement in netball. As a result, the quality of participation will be improved so people are more likely to start and continue their involvement in netball.

1. Commitment to Child Safety

Ignite is committed to ensuring our club creates and maintains a culture and operating environment in which all children are safe. Ignite will be responsible for providing a safe and positive experience for the children involved with this club.

2. Understand and play by the rules.

Understanding and playing by the rules is your responsibility. The rules exist for the safety, proper order and enjoyment of all people involved in netball. The lessons to be learned in this respect in netball are lessons that can and should be carried over into all aspects of your lives. Do not ignore or deliberately break any rules. Even if you think that a deliberate contact may give your team an advantage, you should not commit the deliberate contact in the interests of fair play.

3. Respect umpires and other officials.

Umpires and officials have a difficult task to perform and you could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Abuse of umpires is unacceptable behaviour. Players who consistently dispute decisions or do not accept bad decisions appear as bad sports. If you disagree with a decision, have your coach or captain approach the umpire during a break or after the game, in an appropriate manner.

4. Control your temper.

Verbal abuse of officials is a serious offence against the rules of netball. Verbally abusing other players or deliberately distracting or provoking an opponent is also not acceptable or permitted. Loss of temper is not only unpleasant for other participants in the game; it can also distract you and have an adverse effect on your concentration and effectiveness on the court.

5. Work equally hard for yourself and for your team.

You owe it to yourself and others involved in your team to train and play to the best of your abilities. Your team's performance will benefit - so will you. If you are half-hearted about your involvement in the sport you will become dissatisfied and lose out on the much of the enjoyment and satisfaction you can derive from giving it your best.

6. Be a good sport.

Acknowledge all good plays whether they are by your team or the other team. Good manners and respect can be infectious. Everyone likes to be praised when they do something well. If you acknowledge the achievements of your opponents it is likely they will follow suit. Part of participation in sport is respect for all participants in the game. Your opponents are entitled to proper courtesy. Always introduce yourself to your opponents on court, congratulate them whether you win or lose and accept a loss gracefully. Remember that the opposition coach is there trying to do the best for their team and is also entitled to respect.

7. Treat all players as you would like to be treated.

Do not interfere with, bully or take unfair advantage of another player. Just because one of your team cannot perform as well as you do does not mean that they are not trying. Everyone makes mistakes. Do not abuse or ridicule another player when a mistake is made. Constructive guidance and encouragement when a player does well will assist a player to improve their game.

8. Play for the “enjoyment of it” and not just to please parents and coaches.

Playing sport, including netball, should be fun. This doesn't mean that you shouldn't take it seriously, just that at the same time you should enjoy it. If you enjoy an activity you will perform much better and derive far more benefit from it than if it is an unpleasant experience. You may experience pressure from your coach and parents and others to perform outside of your capability or desires. Whilst this can be a positive and their way of showing you support in your activities, you should resist it where it no longer is enjoyable.

9. Respect the rights, dignity and worth of every person.

Regardless of their gender, ability, cultural background, religion or other factor irrelevant to the game, all persons connected with netball are entitled to equal treatment and respect. Avoid any remarks that could be construed as offensive or discriminatory. Sometimes even a joke may give offence. Even if a person refers to themselves with a particular label, it should not be taken as an invitation for you to do so. Using discretion is imperative and it is better to err on the side of caution.

10. Be prepared to lose sometimes.

Everyone wins and loses at some time. Be a fair winner and a good loser. Disappointment at losing is natural, but it should not be obvious to the point of being unpleasant for others. Just as unpleasant can be the boastful winner. Recognise that even in defeat, the loser has achieved something, just by playing. Not everything in life can be a winning situation. Losing can be an important learning experience for your wider life goals.

11. Listen to the advice of your coach and try to apply it at practice and in games.

Your coach has been appointed to coach your team because they have certain abilities and experience. They have also undergone training to ensure that you get the best coach that you can commensurate with your skill levels. Apart from skills training, your coach can provide you with helpful advice on all aspects of playing netball. Make the most of the opportunity provided to you to work with your coach to have a happy and successful experience in netball.

12. Always respect the use of facilities and equipment provided.

Facilities and equipment cost money and will only function properly if kept in good order. Ensure that you do not abuse anything provided for use.