

CLUB RULES AND STANDARDS RELATING TO PITCHSIDE CONDUCT FOR MEMBERS

Redland Ladies Hockey Club is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that it is important that Members, Coaches, Managers, Volunteers and Supporters associated with the Club at all time show respect, be encouraged to be open, and to share any concerns or complaints they may have about any aspect of the club with the appropriate Team Manager, Coach or Member of the Committee.

As a member of Redland Ladies Hockey Club you are expected to abide by the following Rules:

- All Members must play within the Rules of Hockey and respect all match officials particularly umpires and their decisions.
- All members must accept and respect the disciplinary decisions of the Club.
- Make welcome new members and assist them in any way possible.
- All Members must respect their opponents.
- All Members should keep to agreed timings for coaching and matches or inform their Captain or Coach immediately they become unavailable and if they are going to be late.
- All Members must wear suitable kit for safety and warmth. Footwear suitable for the playing surface and Shin Guards are compulsory for training and matches. A well fitted Mouth Guard is important and members are encouraged to wear one when playing. Suitable clothing should be worn off the pitch for protection against the weather when playing matches or when training. Playing kit will be as agreed with the Club from time to time.
- During training and matches, all members will show due respect for their coach, manager or any other Official.
- Attend training sessions where possible
- All mobile phones should have an Emergency Number entered under 'ICE' (In Case of Emergency)
- Members or Junior Members are not allowed to consume prohibitive substances of any kind whilst participating in Club activities.
- Junior Members are not allowed to smoke or consume alcohol whilst participating in Club activities.
- Substitutes should warm up in clothing in a colour other than the participating teams in the agreed area of the pitch side.
- Vocal communications by team officials and players on the bench must not, in any way, be directed at the umpires or players of the opposing team.
- Players not taking part in the game, or those in subsequent or previous matches, must not knock up or cool down on or near the pitch whilst the match is in progress.
- Post match inquests should be held away from the pitch.