



OLD GIRLS PLAY TOO® – PARTICIPANT CODE OF CONDUCT

Old Girls Play Too® is committed to creating a safe, welcoming and enjoyable environment where women aged 40+ can take part in recreational sport, improve their wellbeing and build confidence through physical activity.

Every participant plays an important role in creating a positive experience for others. By attending an Old Girls Play Too® activity, participants agree to treat everyone with kindness, respect and consideration.

As a participant, I will:

- Treat all participants, coaches, volunteers and Board Members with courtesy, kindness and respect.
- Help create a welcoming, inclusive and non-judgemental environment where everyone feels comfortable participating, regardless of age, ability, fitness level or experience.
- Encourage others and celebrate effort, participation and personal achievement.
- Respect that everyone progresses at their own pace and avoid criticism or negative comments.
- Follow the guidance and instructions provided by coaches and volunteers to help ensure everyone's safety.
- Wear suitable clothing and footwear for the activity.
- Inform a coach or volunteer of any injury, illness or medical condition that may affect my participation.
- Report any accidents, hazards, safeguarding concerns or inappropriate behaviour to a coach, volunteer or Board Member as soon as possible.
- Respect facilities, equipment and the property of others.
- Help maintain a friendly, supportive atmosphere where everyone can enjoy recreational sport.

As a participant, I will not:

- Bully, intimidate, harass or discriminate against anyone.
- Use offensive, abusive or inappropriate language or behaviour.
- Deliberately act in a way that places me or others at unnecessary risk.
- Attend activities under the influence of alcohol or illegal drugs.
- Damage equipment or facilities.
- Use social media to bully, criticise or deliberately upset other participants, volunteers or coaches, or damage the reputation of Old Girls Play Too®.

Old Girls Play Too® reserves the right to speak with any participant whose behaviour falls below these expectations. Where appropriate, action may be taken, including a verbal warning, written warning, temporary suspension or, in serious cases, removal from activities to protect the wellbeing and safety of our community.

Our aim is for every woman who joins Old Girls Play Too® to feel supported, encouraged and inspired to enjoy being active, make new friendships and have fun in a safe and positive environment.

By signing up to an OGPT CLUB "Play & Stay" session, that is confirmation I have read, understood and agreed to follow the Old Girls Play Too® Participant Code of Conduct.