

VESTRI'S VALUES



The role of Vestri

The role of the club is to create an environment that encourages club members to achieve their goals and excel in play and work.

The management and associates of Vestri sports club are aware that in parallel with competition and victories, our sporting operations is a pedagogical work in progress. There, practitioners are taught the club's values and the attitudes that society wants to uphold. The club has established values that reflect what it wants to stand for. Young people who are in good physical shape, with strong social skills and a good mindset, are likely to succeed in whatever they embark upon inside or outside the sports field.

RESPECT

We **respect** our club, practitioners, team-mates, and opponents.

JOY

We want to emphasise that **joy** reflects the operations of the club. Enjoyable company and positive motivation are key elements in Vestri's operations.

AMBITION

We have **ambitions** for the club's progress and aim to make Vestri a strong and healthy sports club. We have ambitions for the achievements of all practitioners in all the departments of the club.



VESTRI'S CODE OF ETHICS



The function of code of ethics is to provide general guidance to those who are involved in sports and to encourage them. They are a part of the club spirit that should prevail and need to receive general support among its members. They are not exhaustive, only instructive and inviting. The restraint consists of a general attitude in respect to the moral of the rules.

Parents/guardians shall keep in mind:

1. Your child participates in sports for his/her own enjoyment, not to please you.
2. Encourage your child to participate in sports – do not force it.
3. Encourage your child to comply with and respect the rules of the sport and to resolve disputes without ill will or violence.
4. Support and encourage all children and young people – not just your own.
5. Be positive, both in times of success and adversity.
6. Never make fun of a child or yell if a child makes a mistake.
7. Never try to influence the work of coaches during a match or a tournament.
8. Regard the referee as the children's instructor – do not criticise his decisions.
9. Children learn best by practice. Learn to appreciate good performance of all children in the group.
10. Learn to appreciate the participation of volunteers within the club, as your child would not have the opportunity to take part in training and competitions at the club without their input.
11. Respect every child's rights, regardless of gender, race, or religion.

Board member / employee:

1. Keep the spirit and values of the club and ensure that they are upheld by the members.
2. Treat all club members as equals, irrespective of gender, religion, political views, race, or sexual orientation.
3. Uphold democratic practices.
4. Keep club members well informed and ensure that they play as active role as possible in all decision-making.
5. Always be a role model as regards behaviour and conduct, both within the club and elsewhere.
6. Take seriously the responsibility you bear as regards the club and practitioners.
7. Always keep in mind that the club is furthering the development of persons.
8. Operate the club in accordance with efficient and profitable accounting principles.
9. All communication with a practitioner on social media shall take place in group conversations / group pages.
10. Don't be a friend to a practitioner under the age of 18 years old on social media.
11. Never engage in conversation with a practitioner which includes sexual undertone or references.
12. Never take advantage of your position within the club at the expense of the club.



Supporter:

1. Remember that it is most important to encourage your team and praise a job well done. Supporters ought to encourage and praise.
2. Avoid derogatory comments to opponents and team members. This applies equally to the supporters of the opposing team as well as players and coaches.
3. Avoid negative behaviour at matches, such as inebriation and causing commotion. Remember that you are an important role model for other club members and that your bad behaviour might harm the image of the club as a whole.
4. Respect the work of referees and the team's trainers.
5. The role of supporters is extremely important to the club. As a result, supporters must always uphold the values of the club both on and off the pitch.

Practitioner (younger) – You should:

1. Always do your best.
2. Always respect the rules and customs relating to fair play in sports.
3. Participate in sports for your own enjoyment, not because your parents or trainer want you to.
4. Show respect to all participants, both team members and opponents.
5. Do not argue or have a dispute with the referee.
6. Show others respect and be honest and open toward the trainer and the leaders within the club who are responsible for you during training and in matches.
7. Avoid negative gossip or demeaning comments to team members, opponents, referees, trainers or club employees.
8. Treat others as you wish to be treated.
9. Always be on time for training sessions and matches.

Practitioner (older) – You should:

1. Always do your best.
 2. Always show respect to others, both in times of success and adversity.
 3. Always abide by rules and customs relating to fair play.
 4. Always keep health and well-being as a guiding light, avoid taking risks as regards your health.
 5. Always respect the decisions of referees and other employees of the match.
 6. Respect the talents and abilities of others irrespective of gender, race, political views, religion, or sexual orientation.
 7. Avoid negative comments or scolding.
 8. Be honest and open in co-operation with trainers and others who support you.
 9. Take primary responsibility for your progress and development.
 10. Always be a role model as regards behaviour, both on and off the pitch, and keep in mind that you are a role model for younger practitioners.
 11. Never condone or exhibit threatening or violent behaviour.
 12. Avoid close personal relations with your coach.
 13. Never consume illegal drugs to enhance your performance.
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Coach:

1. Treat all practitioners on an individual basis and on their own merits.
2. Reinforce positive behaviour and conduct.
3. Ensure that the training and competition is appropriate to participants on the basis of their age, experience, and talent.
4. Promote fair play within the sport.
5. Recognise and respect the decisions made by referees.
6. Get participants to play an active part in decisions that involve them and teach them to take responsibility for their own behaviour and progress in the sport.
7. Be fair, caring, and honest vis-à-vis your practitioners.
8. Use constructive criticism and avoid negative criticism.
9. Be mindful of the health and well-being of your practitioners at all times and avoid putting them in a position that might be harmful to their health.
10. Pay attention to and care for practitioners that have been injured.
11. Seek the assistance of other trainers and experts when necessary.
12. Recognise the practitioners' right to seek advice from other coaches.
13. Never condone threatening or violent behaviour.
14. Never make sexual, physical, or mental stimulus (to the practitioner).
15. Never undertake to drive practitioners, either to games or training sessions, except with the permission of parents.
16. Attend to practitioners during training sessions and maintain your professional distance at other times.
17. Avoid communications by telephone and the internet except to notify of training sessions and to provide information.
18. Close physical relationship with practitioners is not permitted.
19. Don't be a friend to practitioners under the age of 18 years old on social media.
20. All communication with practitioners on social media shall take place in group conversations / group pages. Individual conversation between practitioners and the trainer shall be avoided at all cost.
21. Never engage in conversation with a practitioner or coaches that includes sexual undertone or references thereof.
22. Do not make derogatory comments about any practitioner, such as in regard to physique, race, sexual orientation, religious or political views thereof.
23. Always verbally oppose the use of illegal drugs.
24. Always verbally oppose the use of alcohol and all forms of tobacco.
25. Treat everyone equally, irrespective of gender, race, political views, religion, or sexual orientation.
26. Never take advantage of your position as trainer to fulfil your own interests at the expense of the practitioner.
27. Always keep in mind that you are developing a person, both physically and mentally.
28. Be aware of your role as a role model, both on and off the pitch.

PREVENTIVE POLICIES OF THE HSV



It is important that the HSV (District Association of the Westfjords) promotes the existence and functionality of the prevention policies of the sports clubs belonging to the Association. The use of drugs and sports does not coincide and has a detrimental effect on sports performance. Research in children and adolescents has shown that young people who are active in sporting activities do better in their daily lives, are better at academic learning and consume less intoxicants.

The District Association seeks to have a clear stance against the consumption of intoxicants in connection with sports and the work of sports clubs. The District Association encourages sports organisations within the HSV to adopt a prevention policy against the use of drugs. The term "substance abuse" refers to the consumption of alcohol, tobacco, and other intoxicants, as well as the use of non-medicinal hormones that are not for medical purposes, based on a physician's referral.

In order to succeed in implementing this, the District Association has set objectives.

Objectives:

Each club defines its own education and prevention activities. The clubs are responsible for their own implementation of that policy. It is important that the sports movement in general is credible in educational and preventive work. Alcohol and or tobacco consumption shall not be associated with sports activities, such as:

- Selling alcohol in connection with sporting competitions.
- Alcohol consumption at final banquets where children and adolescents are present.
- Smoking and consumption of tobacco for oral use in sporting areas.
- Alcohol advertisements in or around sporting areas.

Sports clubs need to create conditions where all children and teens are able to practice sports. Sports clubs shall set rules and / or adopt prevention policies in accordance with the National Olympic and Sports Association of Iceland's policy. Organisations and faculties educate children and adolescents about drug abuse, as well as educate their young practitioners about drug issues and point out the dangers that can accompany drug use.

ROLE MODEL



Vestri emphasises that coaches and others who operate within the club should always be an example for the practitioners.

I am a role model!

- I am punctual. I take time to prepare exercises, pick up balls and other equipment for the practitioners, share information to the practitioners and parents on time.
- I support Vestri, I am dressed in Vestri's uniforms for exercises, tournaments, and other events by Vestri, including parents' meetings.
- I show courtesy to practitioners, parents, opponents and judges during training, games, tournaments, and meetings.
- I use words carefully to avoid derogatory comments, and show no prejudices towards practitioners, parents, and opponents.
- I always talk well about the club and all its departments but indicate what I think that could be done better to the right people.
- If a coach becomes aware of bullying by and against practitioners, parents, or other coaches, he must intervene and bring the matter to the right parties, such as child and youth councils or sports representatives.
- I praise, encourage, and inspire the individual, and teach the practitioners to accept adversity and criticism constructively and in no way do I break the individual down and reduce his self-confidence.
- The coach, in consultation with the departments, shall endeavour to learn innovations in training and to strengthen themselves in the capacity of a coach.
- I never consume tobacco, alcohol or other intoxicants at games, tournaments, or where young practitioners of Vestri are present.
- I am one of the strongest models young kids have. **I am a role model.**