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RSAC Athlete Code of Conduct

You do sports because you like it. So make sure it stays fun, too. Not only for yourself, but also for the others in your team/training group and for your opponent. We treat each other with respect, everyone participates, and everyone can be themselves. That's why all members should follow the code of conduct below.

The athlete:

Is open. If you are asked to do something that goes against your own feelings, norms and values: report this, for example, to the board and/or the confidential contact person. You can also contact the Center for Safe Sport Netherlands for questions and reports. Also, when asked to cheat, report it.

Respects others. You have respect for everyone. For the opponent(s), your teammates, the jury, your trainers, your instructors, the spectators and everyone else. Watch your language and how you present yourself to others. Make everyone feel like they can be themselves and feel accepted. Be tolerant and stay away from verbal abuse, bullying or excluding others.

Respects agreements. Be on time, sign out (in good time), listen to instructions and stick to the rules. Take good care of the environment. Don't break anything, respect everyone's property. Leave the locker room tidy. Clean up the materials. Throw garbage in the waste bins.

Keep your hands off others. Do not touch anyone against their will (outside normal sports practice). Avoid physical contact when climbing past someone or sharing a pitch. Don't touch anyone against their will and don't spot someone unsolicited.

Stick to the rules. Read the regulations, the house rules, this code of conduct and all other agreements, and stick to them.

Doesn't judge anyone's value. Refrain from discriminatory, disparaging or harassing comments and behaviour. Don't exclude anyone and be tolerant.

Does not discriminate. Do not discriminate on the basis of religion, belief, political opinion, race, gender, sexual orientation, cultural background, age or other characteristics.

Is honest and sportsmanlike. Do not cheat, do not use verbal or physical violence, do not use doping. Do not participate in fixing a game, competition or record. Do not bet on your own matches.

Is conscious of their impact on their environment. In the climbing hall, and even more so in the rock and the mountains. Intervene if you observe a potentially dangerous situation.

Reports violations of this Code of Conduct. Report violations of this code to the board and/or the confidential contact person of the sports association. You can also contact the Center for Safe Sport Netherlands for questions and reports. NB:

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If someone has shared something confidential with you, call the Center for Safe Sports Netherlands, for example. We will then discuss what you can do.

Consumes alcohol in moderation only after they are done exercising and does not drink if they still have to participate in traffic.

RSAC Code of Conduct for Outdoor Climbers

This is in addition to the Athlete Code of Conduct above.

The outdoor climber:

Parks in the permitted spaces and do not block forest paths or agricultural roads. Few are more annoying to local residents, hunters and farmers than incorrectly parked cars of visitors. It interferes with their work and daily activities. It is even worse when access to the forest is blocked and the emergency services are hindered in an emergency. Park only in the permitted parking spaces. Is the parking lot full? Then you will have to park further away.

Walks only on the permitted paths and avoids closed or private areas. On the way to the rock and during your stay at the bottom of the rock you cannot go wherever you want. The natural value of many climbing areas is great. Being allowed to recreate there is a privilege, not a right. Relatively rare vegetation often grows on and next to the rocks and animal species that are worth protecting live or nest. The access to many climbing areas leads through fields and meadows. A deer path through a wheat field is still bearable for the farmer, but he will justifiably get angry when climbers take a shortcut of a few hundred metres by busting across the field or meadow.

Stay away from vulnerable nature and zones that are closed due to bird breeding. Many birds of prey use the rocks as a breeding ground. During the potential breeding season of birds, parts of a climbing area may be temporarily closed. A single disturbance from entry can mean the end of the brood. The fines for such a violation are high. In many climbing areas, entering the top of the rock is prohibited in order to protect the flora that grows there. Walk around to hang out a rope, so too. In the search for optimal conditions, bouldering is increasingly done at night while the rock is illuminated with battery lamps. This is only possible if the area manager has expressly permitted this. Forests and nature reserves are generally not accessible in the period between sunset and sunrise.

Goes to the toilet invisibly/without leaving traces. Ideally, you go to the toilet at home or at the campsite in the morning. Do you have to get to the rock? Then bury everything deep enough. Burning toilet paper in a dry forest area does more harm than good. Never pee under an overhang or in a cave - the rain will never wash it clean here. Women who urinate often leave one toilet paper or handkerchief behind. That is also not acceptable. Take it with you!

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Polishes away magnesium and tickmarks after climbing. After climbing, you also clean the grips while removing the sets. It ensures that the climber who comes after you has optimal friction again and it prevents the magnesium in overhangs from forming a thick cake that is almost impossible to remove. Everyone who climbs with magnesium has a brush hanging on their belt. Tickmarks are a thorn in the side of many climbers and boulderers. It makes on-sight climbing a lot less interesting. Clear your and other people's tickmarks after you've climbed your route.

Clean up your own and other people's waste. Climbers generally don't leave litter very often. Yet it is precisely us as a user group that are held accountable if there is rubbish near the rock. Often that trash comes from local youth or hikers who leave remnants of parties or lunch at the rock. Clean up other people's trash in addition to your own trash. Take a trash bag with you and make a circle at the bottom of the rock after climbing.

Keeps the noise level low. Shouting rope commands (unnecessarily) loudly, cursing and yelling is a route fails again, and taking speakers to the rock are all unacceptable. After all, you climb in nature, within earshot of residents and you share the area with other people who are walking or picnicking. They are not waiting for your noise, but want to enjoy the peace. Lower the voice volume, use visual rope commands and see your fall from a route as an opportunity to climb the cool route again. Speakers at the rock are really a no go.

Does not make (camp)fire, except on designated fire pits. Lighting a fire near the rock is often prohibited due to the risk of forest fire. If at all possible, never light a fire under an overhang or in a cave. The smoke penetrates crevices in the rock and can kill bats. In addition, soot from the fire sticks to the rock, making future climbing attempts impossible due to the greasy soot.

Camps in the designated places. In many climbing and bouldering areas, vans and campers are parked side by side at night, sometimes even next to a sign 'no overnight stays'. Wild camping and camping with a van is often a thorn in the side of the local population, especially if people relieve themselves in the vicinity of their camping site.

Greet residents and other climbers. Most non-climbers, or the locals in the area where you are going to climb, have little interest in climbing. Climbers are often mistaken as weird people or slackers. Boulderers who go into the woods with half a mattress bed on their back can count on strange looks. The only remedy is to put your best foot forward, not to cause any nuisance and to speak politely to hikers, residents and other users of the climbing area.

RSAC Code of Conduct for Trainers and Instructors

As a trainer, are you aware that you are an important factor in the culture within the association? You have the responsibility to create the safest possible environment for your

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athletes and your team, where everyone can be themselves, at their own level. Therefore, set a good example and apply the rules of conduct below.

A trainer, coach, supervisor or instructor:

Provides a safe environment. Create an environment and atmosphere in which social safety is guaranteed and is experienced as such. Adhere to safety standards and requirements.

Knows and acts according to the rules and guidelines. Make sure you are aware of the rules and guidelines and apply them. Also encourage your athletes to learn more about it. For example, take them to information meetings about doping, match fixing or sexual harassment. Do not interfere in doping control procedures or investigations.

Is careful and honest when stating experience and positions. State all relevant facts when you are appointed as a trainer, coach, supervisor or instructor. You can also submit a certificate of good conduct with a VOG.

Is aware of power imbalances and (sometimes also) dependency, and does not abuse his position. Do not use your position to exercise power unreasonably or improperly. Refrain from any form of (power) abuse, emotional abuse, physical transgressive behavior, including sexually suggestive remarks, touching and/or sexual abuse. Sexual acts, sexual contact and/or intimate relationship with members in your training or course is never permitted. You have a duty to report sexual harassment and abuse.

Respects the athlete's private life. Do not intrude further into the personal lives of athletes than necessary. Treat the athlete and the areas in which the athletes are located, such as changing rooms, showers or hotel rooms, with respect and privacy.

Don't devalue anyone. Refrain from discriminatory, disparaging or harassing comments and behaviour. Make no distinction according to religion, beliefs, political affiliation, race, gender, sexual orientation, cultural background, age or other characteristics. Don't leave anyone out and be tolerant.

Is an example to others and refrains from behaviour and statements that bring the sport into disrepute. Be courteous and respectful, refrain from offensive and/or insulting remarks.

Will not accept favours, gifts, services or fees to do or refrain from doing anything contrary to the integrity of the sport. If you are offered something to do or not do something, report this to the board.

Ensures compliance with rules and standards. Make sure everyone complies with the regulations, house rules and code of conduct.

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Is open and alert to warning signs. Be vigilant and alert to signals and do not hesitate to pass them on to the board or the confidential contact person and/or to contact the Center for Safe Sport Netherlands.

Be careful. Never provide information that has not already been made public and can be used for placing bets. Do not bet on the sport you are involved in.

Do not drink alcohol during coaching.

RSAC Code of Conduct for Board Members

As a board member, you ensure that everyone can participate and be themselves. Therefore, set a good example and apply the rules of conduct below.

A Board Member

Provides a safe environment. Create an environment and an atmosphere in which social safety is guaranteed and experienced.

Is subservient. Always act in the interest of the association and focus on the interests of the members and/or affiliates.

Is open. Act as transparently as possible, so that it is easy to account for and provide insight into your actions and motives.

Is reliable. Stick to the rules and agreements, such as the statutes, regulations and decisions of the (inter)national sports association. Use information only for the purpose of the organisation. Declare that you will not use confidential information for your own gain or for the benefit of others.

Is careful. Act with respect and prioritise equal treatment. Weighs conflicting interests correctly. Be careful and sincere when stating experience and positions. Handle confidential information carefully and correctly. Substantiate board decisions well, so that there is understanding of the chosen direction.

Prevents (the appearance of) conflicts of interest. Do not enter into a financial interest that conflicts or may conflict with your position. Discuss any intention to take on an additional position or a financial interest in an organisation with those responsible. State financial interests in other organisations and other positions. Indicate whether the ancillary positions are paid or unpaid. In forms of cooperation and relationships, avoid the appearance of favouritism contrary to fair competition. Do not accept gifts or gratuities intended to provide a personal benefit. Do not give gifts as part of the position or offer services or make promises to do or refrain from doing anything. Report gifts and donations received or given by virtue of the position.

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Is an example to others and refrains from behaviour and statements that bring the sport into disrepute. Be courteous and respectful, refrain from offensive and/or insulting remarks.

Makes intensive efforts to ensure that all athletes and coaches comply with the regulations regarding doping, sexual harassment and match fixing. Athletes and supervisors must be bound to apply disciplinary law, for example. As a board member you are responsible for - together with the members and trainers - drawing up rules of conduct for your own association.

Takes (reports and signals of) improper behaviour and transgressive behaviour seriously. Make an effort to make and keep the subject of integrity a subject of discussion. Ensure a certain degree of alertness in the organisation for inappropriate and/or transgressive behaviour. Encourage reporting of undesirable behaviour. Take appropriate action against violations of rules and standards by athletes, employees, supporters and others.

Makes an effort to work with honest employees, officers, entrepreneurs, agents, suppliers, sponsors, etc. Make sure that your sports organisation deals internally and externally with persons and organisations of impeccable conduct. Check whether an officer is of impeccable conduct (consult the Register with disciplinary judgments on sexual harassment), request a Certificate of Good Behavior (VOG) and conduct research in relation to the intended position. Also do research on trading partners, etc.

Is aware of the risks of match fixing and acts accordingly. Do not bet on a sport in which you are involved. Do not provide information, which has not yet been made public, about a competition or any aspect of a competition in which you are involved to bookmakers or others.

Ensures compliance with rules and standards. Make sure everyone complies with the regulations, house rules and code of conduct.