Uganda Paralympic Committee

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ATHLETES/GUIDES CODE OF CONDUCT

PREAMBLE

The Uganda Paralympic Committee (UPC), its Members, partners, officials, sportsmen and sportswomen affirm their commitment to the Paralympic spirit, which is rooted in the chronicle of the Paralympics and the tradition of fair and ethical sportsmanship. Paralympic history and tradition are based on the principles of excellence in sport, opportunity to participate in fair competition, and enhancement of the dignity of athletes and sport. This necessitates acceptance of the fundamental values of honesty, human rights, fairness, justice, nondiscrimination and personal integrity. Members of the Uganda Paralympic Committee shall endorse the Vision, Mission and values of the UPC and shall respect all UPC Codes, Policies and Rules. The UPC is an athlete centred organization. The athletes' interests, priorities, and opportunity to participate in fair competition and excel in sport are the main objectives of the UPC.

This Code of Conduct sets out the standards of behavior expected of all athletes from the membership and on national team weather selected/not selecvted to represent **Republic of Uganda** at national, regional, continetniaL and international events. By signing this document, the athlete commits to upholding these standards at all times.

PURPOSE

The purpose of this Code is to:

- Promote discipline, professionalism, and integrity
- Ensure respect for teammates, officials, and the public
- Uphold the core Paralympic values of **Courage, Determination, Inspiration, Equality and Equity**
- Protect the reputation and values of the Republic of Uganda and the Uganda Paralympic Committee

GENERAL CONDUCT

All athlete shall:

- Behave in a respectful, disciplined, and responsible manner at all times
- Act with honesty, integrity, and sportsmanship
- Follow all instructions from team officials, coaches, and management
- Avoid any behavior that may bring the team, federation, or country into disrepute

- Respect the Anti-Doping Code
- Respect their coaches, team officials & management and not follow any illegal advice that would violate the Paralympic ideals of fair play
- Respect the NPC Classification Code and process and participate fully in it.
- Respect the UPC rules and regulations set out in the consitution and any other rules, regulations, policies, procedures and/or participation agreements issued by the UPC from time to time. In particular, without limitation.
- Not involve in Sexual hasrament of any kind
- Adhere to team work ethics

RESPECT & NON-DISCRIMINATION

All athlete shall:

- Treat all teammates, officials, opponents, volunteers, and members of the public with respect and dignity
- Refrain from discrimination, harassment, bullying, or abuse of any kind
- Respect cultural differences, laws, and customs of host countries

COMPLIANCE WITH RULES & LAWS

All athlete shall:

- Comply with all team rules, competition regulations, and federation policies
- Obey the laws of the host country while travelling or competing
- Adhere to anti-doping rules and regulations at all times
- Avoid possession or use of prohibited substances

TRAVEL & ACCOMMODATION CONDUCT

While travelling or in camp, the athlete shall:

- Represent the country with pride, professionalism, and discipline
- Respect accommodation facilities, transport arrangements, and shared spaces
- Observe curfews, schedules, and official programs set by team management
- Avoid misconduct including alcohol consumption or inappropriate behavior

USE OF SOCIAL MEDIA & PUBLIC COMMUNICATION

All athlete shall:

- Use social media responsibly and respectfully
- Avoid media interviews and posting content that is offensive, discriminatory, political, or damaging to the image of the team or country or Uganda Paralympic Committee

- Not disclose confidential team information without authorization

SAFETY & WELL-BEING

All athlete shall:

- Take responsibility for personal health, safety, and well-being
- Immediately report injuries, illness, or any concerns to team officials
- Avoid actions that may endanger self or others

CONSEQUENCES OF MISCONDUCT

All athlete understands that failure to comply with this Code may result in:

- Verbal or written warnings
- Suspension from team activities
- Removal from competition or delegation
- Disciplinary action as determined by the UPC

ATHLETE PLEDGE

I pledge to represent the Republic of Uganda with pride, discipline, and respect. I commit to upholding the values of the Paralympic Movement and to conducting myself with integrity on and off the field of play.

Athlete Name: _____

Signature: _____

Date: _____

Team / Sport: _____

For Athletes Under 18 Years of Age

Parent / Guardian Name: _____

Parent / Guardian Signature: _____

Date: _____