



Code of Conduct For Trainees

If you are a trainee at The Portsmouth School of the following standards are expected to be followed without exception. Any breach of this Code will result in disciplinary action.

All trainees must:

- Follow all guidelines laid down by the Portsmouth School of Wrestling
- Recognise and appreciate the efforts made by trainers and staff in providing the opportunity for you take part and enjoy professional wrestling in a safe & fun environment.
- Promote the reputation of the PSOW & Pro Wrestling in general and take all possible steps to prevent it from being brought into disrepute
- Remain mindful of the principles of equality and diversity, and ensure that behaviour reflects those principles.
- Never engage in sexual relations with any trainer/coach. This includes both physical situations and suggestive discussions.
- Never use foul or abusive language or gestures when training or performing
- Not do anything which is likely to intimidate, offend, insult, humiliate or discriminate against any other person on the ground of gender, race, disability, age, religious or political belief, sexual orientation, social background, ethnic origin, language, marital or civil partnership status or pregnancy
- Avoid private social media/text message conversations with trainers/coaches, unless wholly and strictly related to training business.
- Never engage inappropriate, suggestive or sexual behaviour with any individual under the age of 18 (including, but not limited to, young people within wrestling). The ONLY exception to this rule is if BOTH parties are aged 16-18yrs.
- Arrive for training and shows in good time to prepare thoroughly
- Display consistently high standards of behaviour
- Turn up with appropriate kit for the activity (including a bottle of water!)
- Always warm up and cool down properly
- Train for fun and enjoyment
- Recognise and applaud all good effort from fellow trainees
- Be a good sport – take good news with modesty, take setbacks with dignity
- Never do anything which is likely to intimidate, offend, insult, humiliate or discriminate against any other person on the ground of gender, race, disability, age, religious or political belief, sexual orientation, social background, ethnic origin, language, marital or civil partnership status or pregnancy
- Ensure any complaints or concerns are raised in a suitable and prompt fashion, following the relevant safeguarding guideline.
- Accept responsibility for your own actions