



# Ridgefield Youth Wrestling Club (RYWC) Code of Conduct

## ***Purpose***

The Ridgefield Youth Wrestling Club (RYWC) is committed to providing a safe, respectful, and positive environment for all athletes, coaches, and families. This Code of Conduct outlines expectations for behavior, sportsmanship, and responsibility both on and off the mat. Compliance with this Code is required for participation in all RYWC activities, practices, and competitions.

## ***1. General Expectations***

All participants—including athletes, parents/guardians, and coaches—must:

- Treat all wrestlers, coaches, officials, and spectators with respect and courtesy at all times.
- Demonstrate good sportsmanship, win or lose.
- Comply with all RYWC policies, facility rules, and directives from coaches or staff.
- Refrain from engaging in any behavior that could endanger the health, safety, or well-being of others.
- Immediately report any injury, unsafe condition, or misconduct to a coach or RYWC board member.

## ***2. Athlete Responsibilities***

Athletes are expected to:

- Attend practices and events on time and ready to participate.
- Respect coaches, teammates, officials, and opponents.
- Follow all safety instructions and use proper techniques to reduce risk of injury, including concussions.
- Notify a coach immediately if they feel ill, dizzy, or experience symptoms of injury.
- Refrain from bullying, teasing, or using inappropriate language.
- Represent RYWC with integrity during all practices, meets, and community events.

## ***3. Parent/Guardian Responsibilities***

Parents/Guardians agree to:

- Support a positive and respectful environment for all wrestlers and families.
- Allow coaches to coach, avoiding negative sideline interactions or interference during practices or matches.
- Encourage fair play, effort, and team spirit over individual results.
- Report any health concerns, injuries, or behavioral issues to RYWC staff.
- Acknowledge the inherent risks of wrestling, including concussions and physical contact, and support all safety protocols.
- Model sportsmanship and uphold the values of RYWC.

#### ***4. Coach Responsibilities***

Coaches agree to:

- Provide a safe, organized, and inclusive learning environment.
- Follow all RYWC safety procedures, including concussion and injury protocols.
- Treat all athletes fairly and with respect.
- Maintain appropriate boundaries and communication with athletes and parents.
- Complete any required background checks, SafeSport, and CPR/First Aid certifications.
- Reinforce positive character traits—leadership, resilience, and courage—through wrestling.

#### ***5. Health & Safety Acknowledgment***

All participants understand:

- Wrestling involves inherent risks, including concussions, strains, sprains, and other injuries.
- RYWC follows return-to-play and injury management protocols, but cannot eliminate all risks.
- Each family assumes responsibility for their athlete's medical care and agrees to notify RYWC of any injuries before resuming participation.

#### ***6. Disciplinary Action***

Failure to adhere to this Code of Conduct may result in disciplinary action, up to and including:

- Verbal or written warning
- Suspension from practice or events
- Removal from the program without refund

The RYWC Board reserves the right to make all final determinations regarding conduct and participation.