

AVON PADEL

JUNIOR SQUAD RULES



We're representing Avon — so let's make it something to be proud of!

Being selected for the Avon County Junior Padel Squad is a great opportunity. We want everyone to enjoy their padel, improve their skills and have a brilliant experience as part of the squad. These are our simple squad rules:

RESPECT EVERYONE

Be kind. Be welcoming. Be respectful.

- Treat teammates, opponents, coaches, team captains, officials and volunteers with respect.
- Include everyone and make people feel welcome.
- Respect people's differences.
- Listen when someone is speaking.
- Accept decisions, even when you don't agree with them.

NO BULLYING

Everyone has the right to feel safe, included and respected.

- Don't bully, threaten, intimidate or deliberately leave someone out.
- Don't make hurtful comments about someone.
- Don't encourage others to join in with bullying.
- Don't ignore bullying when you see or hear it.
- Tell a coach, team captain, parent/carer or Welfare Officer if you are worried about bullying.
- If you are being bullied, speak up - you will be listened to and taken seriously.

PLAY FAIR & GIVE IT YOUR BEST

Compete hard — but play fair.

- Follow the rules and play honestly.
- Give your best effort.
- Encourage your teammates.
- Congratulate your opponents.
- Win well. Lose well.

BE A GREAT TEAMMATE

We win and learn together.

- Cheer for your teammates.
- Support teammates when things aren't going well.
- Celebrate other people's successes.
- Help everyone to feel part of the team.

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CONTROL YOUR EMOTIONS

Bad points happen. Reset and go again.

- It's OK to be frustrated — don't take it out on other people.
- Don't swear at people or use abusive language.
- Don't threaten or intimidate anyone.
- Don't throw rackets or deliberately hit balls at people.
- If you make a mistake, reset, refocus and play the next point.

RESPECT EACH OTHERS PRIVACY

Think before taking or sharing photos and videos.

- Only take photos or videos of other players with their permission.
- Respect someone's choice if they don't want to be photographed or filmed.
- Don't post or share photos or videos of other players without permission.
- If you are uncomfortable about a photo or video, tell a coach, team captain, parent/carer or Welfare Officer.

BE SMART ONLINE

Treat people online the same way you would face-to-face.

- Be respectful in group chats and on social media.
- Don't send or post nasty, threatening or hurtful messages.
- Don't use social media to embarrass or exclude someone.
- Don't share private information about other people.
- If something online worries you, tell a coach, team captain, parent/carer or Welfare Officer.

LOOK AFTER YOURSELF & OTHERS

Speak up if something doesn't feel right.

- Follow the instructions from your coach and team captain.
- Look after the courts, equipment and facilities.
- Don't take part in dangerous or inappropriate behaviour.
- If something worries you or makes you feel uncomfortable or unsafe, tell a coach, team captain, parent/carer or Welfare Officer.

MOST IMPORTANTLY...

Enjoy your padel - Support your team - Look out for each other
Be proud to represent Avon
Have fun!