

TRAINER CHARTER

By signing this charter, you commit yourself, together with all Swiss squash trainers, to the following values. These are based on the Swiss Sports Ethics Charter.

I support my players on their journey
Help in dealing with success and defeat

I treat all people equally. Nationality, age, gender, sexual orientation, social background, religious and political orientation play no role

I ensure that the sport and the social environment get along well

The requirements in training and competition are adapted to the circumstances (training, environment, etc.).

I promote the self-responsibility and shared responsibility of my players. Players are involved in decisions that affect them. Players learn to take responsibility for their actions and can stand up for team members

I support my players respectfully and never overwhelm them. Our sporting goals never violate the physical or psychological integrity of the players

I promote fairness and environmental responsibility and lead by example. Respectful and fair treatment of players, parents, referees, coaching colleagues, nature and the environment

I am vigilant and do not tolerate violence, discrimination or sexual assault. Prevention, awareness and consistent intervention

I am against doping and addictive substances. I provide lasting information and take consistent action in the event of consumption. When it comes to tobacco and alcohol consumption, I set a good example

I communicate openly and respectfully. If anything is unclear, I get information and if there are problems, I approach people and talk to them

I get help when I reach my limits. I regularly reflect on my work as a trainer and get help from Swiss Sports Integrity when I face challenges.

First name, last name, signature, date



SWISS SQUASH