



London Thunder Basketball Club

Health Waiver Code of Conduct, Social Media form

Please read through the whole document carefully and ensure you understand and are able to commit to all the requirements

Health Declaration

By completing this form I agree to the following:

I the parent / legal guardian/ athlete (if 18yrs+) of the above named do consent that I/she/he may participate in Basketball with London Thunder Basketball Club. I recognise the risks involved when taking part in any activity involving height and motion, including Basketball. I accept that London Thunder Basketball Club, its staff and coaches are **NOT** responsible for determining whether an athlete is fit to take part in Basketball. I confirm that the athlete is physically fit and healthy and I will advise London Thunder Basketball Club of any change. I declare that I consider the athlete capable of taking part in Basketball.

In completing this sign up form I declare that I am aware of the element of risk involved and while I accept that the coaches will take precautions to prevent accidents, I understand that they will not be held responsible for accidental loss, damage or injury to the athlete unless negligence can be proved.

I consent and authorise London Thunder Basketball Club and its staff and coaches to give the immediate necessary authority on my behalf for any medical treatment recommended by competent medical authorities in the case of emergency at any authorised event the athlete is participating in or attending. I further understand that every effort will be made to contact me.

I will **not** hold London Thunder Basketball Club legally or financially responsible for any claims arising from consent and medical treatment for the athlete named.

I hereby agree with the above, and have read and fully understand these conditions and by completing this sign up, I agree to accept them.

CODE OF CONDUCT

As a member of a London Thunder Basketball Club Basketball squad, you will be expected to follow the rules detailed below and adhere to them at all times. This is to ensure we have productive and committed athletes and teams.

I agree to the following conduct:

1. I agree to commit to London Thunder Basketball Club for the full season and that I will attend all competitions, events and training sessions set out by London Thunder Basketball Club and I understand that no refunds will be given for missed sessions, competitions or uniforms
2. I agree to attend training with a positive attitude and will listen to the coaches and instruction given in order to be the best athlete I can be.
3. I will wear appropriate footwear and kit to each practice, with nails cut to a reasonable length and without excessive make up. Long hair will be tied up and I will bring water to ensure I remain hydrated.
4. I will arrive at all games on time with appropriate footwear and kit
5. I understand that no swearing, bullying or use of antisocial behaviour is accepted at London Thunder Basketball Club nor is any negativity towards other athletes or other teams
6. I agree that I will be respectful on social media and will not use London Thunder Basketball Club team names as profile/usernames, I understand that misuse of social media directly affecting London Thunder Basketball Club or any of its members will result in losing my place at London Thunder Basketball Club
7. I understand that coaches have the right to move athletes from teams should they feel it is necessary and that coaches always have the athlete's health and safety as a priority
8. I agree to inform coaches a minimum of 4 weeks prior to planned holidays and absences BY EMAIL
9. I understand that missed practices especially within 3 weeks of a competition may result in the loss of my place on a team
10. I agree to pay all fees for training, uniform and competitions by the dates given and that late payments will incur a fee and that no refunds will be given

11. I will help with fundraising events that will benefit myself and the rest of the team
12. I will respect the training facilities and equipment and will not misuse it in any way
13. I will not bring friends to the gym without confirming with a coach first
14. I understand that I nor any parent will be allowed to use the London Thunder Basketball Club logo or name on their own merchandise without prior consent
15. I understand that failure to adhere to the above rules may result in me being asked to leave London Thunder Basketball Club

ATTENDANCE POLICY

Please be fully aware that Basketball is a demanding sport and requires full attendance as one person missing will affect the whole team. If you are committing to being part of a London Thunder Basketball Club competitive team you are expected to attend **ALL** games and practices.

EXCUSED

- Graded School event/exam
- Fever/vomiting/contagious illness
- Family death/funeral

NOT EXCUSED

- Homework/revision – we do have areas that athletes can do homework and revision if needed
- Parties, birthdays, meals etc
- Cold, headaches, menstrual cramps, tiredness
- Recreational sport event/non-Basketball school event
- Holidays or any absence within 1 weeks of games

Athletes will be allowed 2 'unexcused/no questions' absences throughout the season (*except for within 1 week before games*) any further unexcused absences will result in a strike (3 strikes for behaviour or attendance may result in the athlete being asked to leave London Thunder Basketball Club)

The reasons for these rules is to illustrate how important it is that athletes attend every session as Basketball is a team based sport.

By signing up you agree to all of the above terms and understand that failure to comply may result in the loss of your place on the team

SOCIAL MEDIA POLICY

This Agreement is to be read by parents/guardians and all London Thunder Basketball Club athletes in order to ensure the obligations are understood before signing

London Thunder Basketball Club understands the importance of and need for the responsible use of social media and their responsibility for helping to safeguard young people in the sport of Basketball.

We ask all members, parents and people in positions of trust to read the London Thunder Basketball Club Policy and ensure that they, their child or the young people in their association have understood the importance of the Policy and the expectations on them in relation to their use of social media.

I understand that:

- I am responsible for my behaviour when using social media and texts relating to a member, connected participant or employee of London Thunder Basketball Club and the sport of Basketball, including anything re Basketball posted and my use of language;
- I understand that my use of the internet and social media sites through London Thunder Basketball Club can be monitored and logged and made available to the club and any external agencies involved with the regulation of internet usage;
- I will **not** post or give out any personal details, such as name, address, age and contact numbers, either of myself or any other person
- I will **not** arrange to meet anyone without the knowledge and consent of my parent/carer;
- I will **not** deliberately browse, download, access or post any material that could be offensive, threatening or illegal;
- I agree to report material, posts or contacts which I find upsetting or causes me concern;

- I will **not** take part in any craze/challenge or otherwise that may be deemed harmful, inappropriate or offensive
- I agree that I will **not** speak negatively about or to any other individual Basketball athlete, coach, team, parent or otherwise on any social media channel and I understand that by doing so I may be asked to leave London Thunder Basketball Club
- I understand that if there is need for anyone to take action as a result of my use of social media in the sport of Basketball my parent/carer may be contacted.
- I have read and understand the London Thunder Basketball Club Social Media policy and understand that I may be subject to Disciplinary Action should I breach its usage guidance;

By signing up with London Thunder Basketball Club I agree that we have read and discussed this policy agree to support the safe use of social media at London Thunder Basketball Club

Athletes may have a personal page/identify which relates to their Basketball and consequently their identity will be known. They are reminded of the need not to provide additional personal details, whether of their own or another person, which could create a risk to themselves or another person.

I am aware that photographs and video footage may be taken during authorised events for coaching and promotional purposes. I give permission for the athlete to be photographed or video Basketball taped during any authorised event, and give permission for such photographs and video to be used for the promotion of London Thunder Basketball Club activities and publicity, and the sport of Basketball. I waive the right to approve any photographs or videos and understand that there will not be any compensation for the use of these photographs or videos.

I hereby agree with the above, and have read and fully understand these conditions and by completing this sign up, I agree to accept them.