**LimbPower Events – Participant Code of Conduct**

As a participant in our events, you play a pivotal role in shaping a supportive and empowering environment that embodies the core values of inclusivity, respect, integrity, and camaraderie. By embracing the following code of conduct, you contribute to the success and enjoyment of all participants:

1. **Inclusivity**: Embrace the diversity of other participants and celebrate the unique abilities and strengths of individuals with physical disabilities. Create a welcoming atmosphere where everyone feels valued, respected, and included.
2. **Respect**: Treat other participants, mentors, volunteers, coaches, instructors and spectators with kindness, empathy, and understanding. Show appreciation for the challenges and achievements of your fellow participants, and refrain from any form of discrimination, bullying, or disrespectful behaviour.
3. **Integrity**: Uphold the highest standards of honesty, fairness, and ethical conduct. Take part with integrity and adhere to the rules and regulations of each attending sport, ensuring a level playing field for all participants.
4. **Adaptability**: Embrace adaptability and flexibility in your approach to participation and teamwork. Respect the diverse needs and preferences of other participants with different types of physical disabilities and work together to accommodate individual requirements.
5. **Safety**: Prioritise the safety and well-being of yourself and others. Follow all safety protocols, guidelines, and instructions provided by the mentors, coaches, instructors, and the event organisers, and report any safety concerns or incidents promptly to the event manager.
6. **Support and Encouragement**: Offer support, encouragement, and assistance to your fellow participants, particularly those who may require additional help due to their physical disabilities. Foster a culture of teamwork and mutual aid, where everyone feels empowered to reach their full potential.
7. **Environmental Responsibility**: Respect the natural environment and minimise your environmental impact during the event. Dispose of waste responsibly, conserve resources, and adhere to any environmental guidelines provided by organisers.
8. **Communication and Collaboration**: Maintain open and respectful communication with event organisers, mentors, coaches, instructors, volunteers, and fellow participants. Collaborate effectively with teammates and to ensure a positive and inclusive experience for all involved.
9. **Compliance with Event Policies**: Familiarise yourself with and adhere to all event rules, regulations, and policies established for participants with physical disabilities. Cooperate with event staff and follow their guidance to ensure the smooth and successful execution of the event.
10. **Have Fun and Feel Included**: Above all, have fun and embrace the joy of participating in physical disability sport events. Whether talking part or spectating, strive to create an atmosphere of enjoyment and inclusivity where everyone feels welcome and valued.
11. **Continuous Learning and Improvement**: Embrace opportunities for learning, growth, and self-improvement throughout your participation in physical disability sport events. Reflect on your experiences, seek feedback, and strive to enhance your skills and abilities as an athlete and a member of the disability sport community.

By adhering to this code of conduct, you contribute to creating a welcoming, inclusive, and empowering environment for all participants in physical disability sport events. Thank you for your dedication to promoting the values of respect, integrity, and inclusivity, and for making our events a positive and rewarding experience for everyone involved.