

# GRIFFIN AIKIDO CLUB BALZERS

## **GAC Code of Conduct**

At Griffin Aikido Club Balzers (GAC), we treat each other professionally and with mutual respect. We all share responsibility for this: instructors, students, guests, as well as volunteers and members of our community in and out of the dojo. Any violations are to be reported to a club Board Member. Any reported violations will be reviewed by the Board of Directors to determine the consequences up to and including exclusion from the club.

#### **OUR PRINCIPLES**

#### **Respect and responsibility**

We foster a responsible and supportive environment where people treat each other respectfully regardless of origin, education, religion, beliefs, physical ability, gender or sexual identity. If these values are disregarded, we will take action.

## **Open and fair communication: conflict resolution**

We communicate openly with each other, in a spirit of goodwill. Conflicts are resolved in a fair and objective manner to produce an effective solution. Our culture is built on trust and we welcome constructive criticism. We support an open management culture based on dialogue.

#### Honesty and consent

We work together in a constructive and honest fashion in an environment where consent is key. All activities are conducted using routines where all members regularly request and consent to the practice. Any student/member may decline a practice when honesty and consent are not present.

## **INAPPROPRIATE BEHAVIOR**

Griffin Aikido Club Balzers does not tolerate the following behavior:

## **Discrimination**

Discrimination of people because of actual, attributed or group-specific characteristics such as nationality; ethnic origin; gender; age; language; social status; lifestyle; religious, ideological or political views; physical, intellectual or psychological impairment; or professional status.

#### Sexual harassment

Sexual harassment includes any behaviour that adversely affects the dignity of persons participating within the Dojo/Club and Aikido community at large. This includes sexist jokes; suggestive, disparaging or contemptuous remarks or actions; displaying or disseminating pornographic material; undesired physical contact or the exploitation of a dependent relationship.

## **Bullying**

Bullying involves regular and systematic harassment over an extended period with the aim of discrediting, isolating or socially excluding a person or gradually driving them out of the Dojo/Club, Aikido community at large, or their practice. Examples include put-downs and exclusion, withholding information, assignment of humiliating tasks and unjustified criticism.

#### **Threats and violence**

Actions through which other people are assaulted, threatened, or physically or psychologically harmed in the Dojo/Club, Aikido community at large or in the course of their practice. These include verbal and non-verbal insults, humiliation, threats and abuse, social exclusion or the deliberate and persistent stalking or harassment of a person.