

SINGAPORE FLYING DISC ASSOCIATION  
ATHLETE'S CODE OF CONDUCT

**1. DEFINITIONS AND INTERPRETATION**

In this Agreement, unless the context otherwise requires, the following terms shall have the meanings ascribed to them below:

**“Athlete’s High Performance and Life Development”** means the Athlete’s education, career and personal development.

**“Coach”** means pathway development coach, youth team coach and any other coach who is engaged/appointed by the NSA in to train and develop the Athlete.

**“High Performance Sport development plan”** for athletes means a comprehensive strategy and operational plan designed to optimize the athletic performance and development of individual athletes or teams, to maximise their potential in pursuit of elite athletic achievement. It typically comprises the yearly planning instrument for the athlete (i.e. training and competition plans), athlete life planning, and sport science support etc.

**“High Performance Sport personnel”** refers to coaches, trainers and other professionals appointed by the NSA who provide support to the athletes to perform at the elite level.

**“Safe Sport Unified Code”** shall mean the code that defines the forms of abuse and harassment which may take place in the sporting environment, as set out at [www.safesport.sg/safe-sport-programme/unified-code](http://www.safesport.sg/safe-sport-programme/unified-code) and as may be amended from time to time;

**“Safe Sport Programme”** is a framework for applying, implementing and

enforcing the Safe Sport Unified Code.

**“National Sports Association”** or “NSA” refers to the sports association recognised by Sport Singapore and the International Federation as the local governing body for the sport.

**“Prohibited Substances and Methods”** means whether particular substances or methods are banned in particular sports, as the listed by the World Anti-Doping Agency (WADA) on WADA’s website at: <https://www.wada-ama.org/en/prohibitedlist>. The list is updated by WADA annually and is the International Standard defining what is prohibited In-Competition and Out-of-Competition. WADA reviews and updates the List annually. The updated Prohibited List comes into effect on 1 January every year.

**“World Anti-Doping Code”** refers to the core document that harmonizes antidoping policies, rules and regulations within sport organizations and among public authorities around the world. It works in conjunction with the International Standards that aim to foster consistency among anti-doping organizations in various areas.

**“Testing Pools”** means the groups of athletes who are subject to doping control testing.

**“Therapeutic Use Exemption”** or “TUE” allows an Athlete with a medical condition to use a Prohibited Substance or Prohibited Method, but only if the conditions set out in Article 4.4 of the World Anti-Doping Code and the International Standard for Therapeutic Use Exemptions are met. The authorisation for an athlete to take a medication that is used for genuine and

legal therapeutic purposes, comes with prior approval granted by an independent TUE Committee as assigned by the ADS.

## **2. ATHLETE'S HIGH PERFORMANCE AND LIFE DEVELOPMENT**

The Athlete will:

- a. Collaborate and take active ownership with the coach, SFDA and/or SportSG for both his/her High Performance Sport development and athlete life development.
- b. For High Performance Sport Development, ensure that his/her coach collaborates with SFDA's high performance personnel and SportSG to fulfill his/her High Performance plan.
- c. Comply with his High Performance Sport development plan to the best of his/her abilities.
- d. Provide regular updates on his/her performance progress and personal development to SFDA. This includes the submission of achievements and receipts where necessary.
- e. Promptly inform SFDA regarding any changes to personal and medical particulars, as well as training, competition and personal development plans.
- f. Represent the Republic of Singapore in all SFDA designated training camps, competitions and events. If the Athlete is unable to attend, he must inform SFDA within 3 days of being notified of such camp, competition or event, citing reasons and documentary proof (exams, overseas, etc).
- g. Refrain from participating in any competition that is not permitted under the policies of SFDA.

### **3. MEDICAL AND PHYSICAL FITNESS, INFORMATION AND RESEARCH**

The Athlete agrees and consents to:

- a. Maintain the highest possible level of health and physical well-being. The Athlete should:
  - i. Immediately notify the Coach and SFDA as soon as he/she is injured or ill, if his/her training will be interrupted for three (3) or more consecutive days.
  - ii. Keep SFDA updated on changes to his/her health and physical condition for the duration of this Agreement.

### **4. COMPLIANCE WITH WORLD ANTI-DOPING CODE**

The Athlete agrees to:

- a. Recognise Anti-Doping Singapore (ADS) as the national anti-doping organisation of Singapore possessing the primary authority to adopt and implement anti-doping rules, direct the collection of samples, manage test results, and conduct disciplinary hearings, at the national level.
- b. Be familiar with the rights and responsibilities of an athlete, in the context of anti-doping in sport as stipulated in Anti-Doping Policy of Singapore and the ADS Anti-Doping Rules adopted and implemented in pursuant to the Code.
- c. Submit to unannounced doping controls tests when required by ADS, SFDA, SportSG, the International Federation, the International Olympic Committee or any other anti-doping organisation.
- d. Provide prompt and accurate whereabouts information when included into the Testing Pools of ADS or their International Federation, or whenever required by any other anti doping organisation.
- e. Submit timely Therapeutic Use Exemption applications to ADS or the International Federation, where relevant, as soon as a medical condition

requiring the use of a Prohibited Substance or Prohibited Method for treatment is diagnosed.

- f. Take responsibility to ensure he receives anti-doping education by completing appropriate resources provided by ADS and/or other Anti-Doping Organizations. (eg. World Anti-Doping Agency (WADA)'s Anti-Doping Education & Learning (ADEL) platform.
5. The submission of personal and medical information and data to ADS in accordance with the ADS Anti-Doping Rules shall be deemed to have been made with the agreement by the Athlete that such information and data may be utilised by ADS, such organisation or person for the purposes of the implementation of the ADS Anti-Doping Rules.
6. The provisions of this section are in addition to and are in no way intended to limit the scope of the obligations set out in the Anti-Doping Policy of Singapore, the ADS Anti-Doping Rules or to define the ambit of the ADS Anti-Doping Rules.

## **7. APPAREL AND EQUIPMENT**

The Athlete agrees to:

- a. Wear and use designated team clothing and equipment whilst competing or carrying out any sports-related activities required by SFDA.
- b. Neither use nor permit the use of such designated team clothing and equipment for any commercial purpose without prior written consent of SFDA and SportSG.
- c. Not wear a political emblem when the Athlete may be identified as a national athlete of Singapore, or when the Athlete is participating in any sporting competition.

## **8. NATIONAL REPRESENTATIVE, SPORTS AMBASSADOR, ROLE MODEL AND TEAMMATE**

The Athlete recognises that his/her behaviour will reflect on the country, SFDA and SportSG. The Athlete is expected to:

- a. Display responsible and exemplary behaviour, at all times, on or off field.
- b. Maintain good conduct and sportsmanship in training, competition or on duty as a sports ambassador in a manner that does not bring SportSG, SFDA or Singapore into disrepute and tarnish the image of the Sport.
- c. Compete fairly and abide by rule and the spirit of his/her sport and accept victory and defeat with dignity and grace.
- d. Behave and dress in a respectable, professional and sporting manner when representing Singapore both in and out of competition.
- e. Be responsible for maintaining an environment which is fair, supportive, equitable and free from harassment and abuse.
- f. Not engage in any sexual, physical and/or psychological misconduct under Article 4 of the Safe Sport Unified Code.
- g. Not engage in activities that may violate the laws of Singapore or that of any other country where training or competition is held.
- h. Obtain prior consent and approval of SFDA and SportSG before engaging directly/indirectly in any occupation, business or trade including product endorsements and sponsorship agreements.
- i. Not make any public statement which is derogatory of SportSG, SFDA or any of the bodies working to promote sport in Singapore, nor make any critical statement or disparaging remarks in respect of another sporting competitor on a personal basis. Fair comments about a fellow competitor made honestly and without the use of offensive language and related to the sporting event/competition or the sport where the substance of the comment is known (or can be shown) to be true will not constitute a critical statement or disparaging remark for the purposes of this Agreement.

The Athlete recognises that he/she is accountable to the program/coach/team they are a part of. The Athlete is expected to:

- j. Contribute to a conducive team environment in practice and in competitions.
- k. Attend all team practices, meetings, fitness and gym sessions (team or individual), and team-related events as required by the coach(es).
- l. Display the characteristics of Respect, Integrity, Teamwork, Leadership, Coachability, Grit and Pride as laid out in the Selection Criteria.

## **9. COMPLIANCE WITH THE SAFE SPORT UNIFIED CODE**

In playing his part to maintain an environment that is free from abuse and harassment, the Athlete agrees:

- a. To be responsible for knowing the behaviours which constitute misconduct under the Safe Sport Unified Code, the Athlete's Code of Conduct and relevant Safe Sport policy (e.g. NSA, Singapore National Olympic Council, Singapore National Paralympic Council).
- b. To comply with his obligations and avoid any behaviours which would constitute misconduct under the codes and policies at Clause 9.1(a) above.
- c. To complete the Safe Sport training and education required from time-to-time by SportSG, the Singapore National Olympic Council and/or the Singapore National Paralympic Council.
- d. To submit to the processes for the resolution of any alleged breach of the Safe Sport Unified Code, which have been delegated by SportSG, NSA and/or the Singapore National Olympic Council to the designated investigative or disciplinary bodies under the Safe Sport Programme.
- e. That SportSG shall have the discretion to recognise decisions, measures and/or sanctions imposed through the processes set out in the Safe Sport

Programme in determining the appropriate action to be taken in the event the Athlete breaches the Safe Sport Unified Code.

## **REMOVAL FROM NATIONAL TEAM ROSTER**

The Athlete may be subject to removal if he/she:

- f. Breaches or fails to observe SFDA, SportSG and/or World Flying Disc Federation's (WFDF) rules, regulations and policies.
- g. Fails to perform to the required standard in the opinion of the coaching staff due to illness or injury.
- h. Breaches or fails to fulfil a requirement of SFDA, WFDF or any applicable international Anti-Doping Policy.
- i. Breaches or fails to behave as an exemplary national representative, sports ambassador, role model or teammate as laid out in the Code of Conduct.
- j. Is ineligible for selection as advised by SFDA (for medical, disciplinary and/or any other reasons).

The Athlete may be recommended for removal from the squad by the Head Coach / coaches, to the Chairman for High Performance for discussion/evaluation/decision, if the Athlete fails to sustain a satisfactory level of performance and attitude, provided that the required performance levels had first been discussed with the Athlete, and he/she had been given the opportunity to rectify such issues.

*This circular supersedes any past guidance on Athlete's Code of Conduct.*

**SIGNATORIES:**

**Prepared by:**

*Samuel Ee*

---

Name: Samuel Ee, SFDA Vice-President

**Approved by:**

*Subhajeet Parida*

---

Name: Subhajeet Parida, SFDA President