

## REQUISITE BEHAVIOURS FOR NATIONAL TRAINING SQUAD MEMBERS

- 1. Ownership**  
Athletes on this program are expected to be relatively mature, self-driven athletes and show a significant level of '**ownership**' of their training programs.
- 2. Work, Education & NS commitments**  
It is recognized that athletes have commitments such as education and National Service. Current and future timetables and any likely changes should be immediately brought to the attention of the Coach so training and competition are minimally disrupted.
- 3. Targets (Performance and Fitness)**  
At each intake, performance targets will be set in consultation between the Coach and the athlete. Sailors should always strive to meet their targets.
- 4. Training hours**  
Minimum training hours must be achieved in-line with the High Performance Strategic Plan (min. 600 hrs annually). This quantity may be subject to variation from time to time. Monthly training activity must be recorded in the **Digital Training Log**.
- 5. Injury**  
Any injury should be brought to the attention of the Coach as soon as possible so a treatment and management program can be put in place.
- 6. Safety**  
Sailors should minimize unnecessary risks to themselves that could lead to serious injury. Whilst partaking in unsupervised on-water training sailors should carry a mobile phone with phone numbers of yacht clubs and marine patrols of the area. Sailors should also observe all safety rules and guidelines when training at respective yacht clubs / sailing centre.
- 7. Media**  
For major competitions all media queries should be directed through the Team Manager. At other times media contact is acceptable although athletes are reminded to be responsible to the information they provide to the media. When in doubt, please refer the media personnel to your coach.

**8. Contribution to build sport in Singapore**

It is expected that sailors will, from time-to-time, be called upon to assist the building of sport in Singapore, which may include assisting in the delivery of coaching clinics, lectures, administration or other duties as directed by SingaporeSailing.

**9. Attitude & behaviour**

Sailors should show attitude and behaviour fitting of an elite-level athlete at all times.

- Respect/Understanding – of the role of support personnel around the sailor including, coaches, managers, administrators, and team mates and for the role of umpires, organizers and other competitors;
- Sharing – sailing knowledge developed through international exposure should be shared with other Singapore sailors in a quest to develop local standards;
- Role Modeling – for other younger sailors. You have a responsibility to showcase good behaviour and sportsmanship at all times.

**GOVERNING STRATEGY**

The SingaporeSailing Selection Panel adopts a policy of '**no-surprises**'. That is, it is *the National sailor's responsibility* to promptly notify the coach of any issue that may affect the sailor's ability to deliver on the set targets or to adhere to the 'requisite' behaviours.

In general the panel will endeavour to resolve any 'reasonable' issue through consultation with the sailor. A 'reasonable' issue that renders the sailor unable to meet his/her requisite behaviours would **not** typically put the sailor in breach of these terms. However if the sailor fails to promptly notify the coach of the issue then the sailor would be considered to be in breach.

**BREACHES**

SingaporeSailing selection panel will adopt a 3-strikes policy for significant breaches of the above requisite behaviors. Breaches will be discussed between the selection panel and the athlete.

1. First breach would result in a verbal and written explanation from the selection panel on the nature of the breach and methodologies to prevent it happening again.
2. Second breach would be a written warning from the selection panel stating the nature of the breach and methodologies to prevent reoccurrence and notification that if it should reoccur then the selection panel will recommend to terminate the sailors position in the National Training Squad program.
3. Third breach would be written notification that the selection panel intends to terminate the sailor's position in the National Training Squad program and with options to impose a period of which the sailor will not be allowed to re-join the program.