

## **Code of Conduct**

The GPC defines this as what is considered good and proper behavior.

It reflects the values held by a group. These values are organized into a series of core principals that contain standards of behavior expected of members while they perform their duties. It can also be used as a bench mark to assess whether certain behaviors are acceptable.

With this new code, GPC Board Members must act with integrity and honesty and be diligent and loyal to the GPC.

The guide lays out parameters and members can't claim to be unclear about them because it is a term and condition of office.

We cannot expect others to adhere to high ethical standards if we do not do so ourselves.

We cannot expect proper conduct on social media or the platform if we do not have good governance within the board members of the GPC.

It is important to not act on impulse when you're about something that is bigger than yourself. Show leadership!

The GPC is committed to excellence and to the honor and integrity of competitive Power Lifting.

We seek to provide a fair platform for competition that requires all members to hold sportsmanship, honor and respect to the highest regard.

## **CODE of ETHICS**

**All athletes, coaches, officials, organizers, volunteers, employees, directors and officers of the GPC have a responsibility to:**

1. Take reasonable steps to manage the responsible consumption of alcohol in social situations associated to GPC events.

2. Refrain from any behavior that constitutes harassment which is defined as cruel, intimidating, humiliating, offensive or physically harmful. This also includes rude and vulgar language which will NOT be tolerated.

3. Maintain a no-tolerance policy on discrimination and sexual harassment.

4. Comply at all times with bylaws, policies, rules and regulations of the GPC as adopted and amended from time to time.

5. Maintain and enhance the dignity, self-esteem and well being of members and athletes of the GPC by:

a) focusing comments or criticism appropriately and avoiding public and social media criticism of athletes, coaches, officials, organizers and volunteers.

b) ensuring that all meets provide for the safety and physical well being of all participants.