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GUIDELINES INDIVIDUAL SPORTS: ATHLETES

1. If you're angry don't take it out with yourself neither the others.
2. The referee deserves maximum respect.
3. Train to improve, not just to win.
4. Accepting a defeat is a victory. Enjoy the competition.
5. If you win, celebrate with fellowship.
6. If another participant fails, encourage them!
7. If you see a disheartened participant, cheer them up!
8. If you want to be respected, start by showing respect.
9. We cannot always win, take it sportsmanlike.
10. Learn how to compete with the other participants complicity.