

As a tennis player the best feeling is having a hit around the court with your friends. If you're part of a team you have the right to feel safe, fairly treated and valued for your contribution to your club. It is also your responsibility to show the same courtesies to your team mates. As part of the club you also need to show appropriate and non discriminatory behaviour towards everyone at your club.

## Here are a few things to think about:

- Be encouraging and supportive of all your team members
- Have an inclusive and positive attitude towards all the tennis players at your club
- Discuss with your coach or club any issues you have or modifications you may require
- Spread awareness about disability inclusion within your club
- Know the behavioural guidelines of your club and understand the discrimination and anti bullying policies
- Alert someone at your club if you or someone else is feeling discriminated against in any way shape or form.
- Try and take advantage of all the opportunities offered to you at the club.
- Have fun, get involved, and be open and accepting of everyone who comes to play tennis.