

Complete Equestrian Vaulters

Vaulter Code of Conduct

Horses

Your horses are your number one teammate. Without the horse, we would not be able to vault. Treat your horses with kindness and respect.

- Fully participate in all grooming, tacking, and horse chores. Do not rely on other vaulters to do the work for you.
- Avoid doing moves on the horse that may land hard or injure the horse. Consider your horses feelings.
- Be patient with your horse and yourself. You are a team together, and you will have good and bad days. Never blame the horse or get angry with the horse while at practice.
- Practice safety at all times when you are on or around the horses and practice equipment. Safety is our number one priority.

Teammates

Encourage your teammates with positivity and kindness. Be willing to help others learn by coaching each other and giving positive feedback.

- Bullying and gossip will not be tolerated. If you feel that you are being bullied, or are a part of gossip; please notify your coach immediately. We care and want to work together to create a positive and healthy environment.
- Be inclusive and treat each vaulter with respect. Reach out to vaulters that may be shy or struggling.
- Cheer on vaulters on your team and other teams while at competitions.

Coaches

Your coaches are here to help you. They may push you outside of your comfort zone and challenge you to do exercises that are harder for you.

- Be respectful towards all staff members. Arguing with coaches, speaking in disrespectful tones, or disrespectful facial expressions is not tolerated. Consequences for disrespectful behavior will include additional chores or exercises, loss of horse time or dismissal from practice and club.
- Thank you coaches for their time at each practice.

Yourself

You play your greatest role in your success as a vaulter. Be coachable!

- Be willing to work hard at practice and at home. At practice stay on task and be motivated to improve. Spend time outside of practice doing your conditioning and flexibility exercises.
- Be open to honest feedback. Try to understand that criticism is not personal. Listen to the feedback you receive and try to apply it to improve your vaulting.
- Show humility and gratitude towards others on your team.
- Have fun!