



Sailship Training and Learning for life

Trainee/Participant Code of Behaviour

Growing friendships through kindness, respect, and shared purpose

1. Purpose

This Code sets out the standards of behaviour expected from all participants in Sailship activities. It helps ensure that everyone feels safe, valued, and empowered to take part fully.

2. Our Shared Values

We ask all participants to uphold the spirit of Sailship by embracing:

- **Kindness** – Treating others with compassion and patience
- **Respect** – Valuing differences and personal boundaries
- **Inclusion** – Welcoming everyone, regardless of background or ability
- **Responsibility** – Taking care of ourselves, each other, and our shared spaces
- **Joy** – Celebrating small wins, creativity, and connection

3. Expected Behaviour

Participants agree to:

- Be courteous and supportive to others
- Use respectful language and avoid shouting or swearing
- Follow instructions from staff and volunteers
- Take part in activities safely and at their own pace
- Respect personal space and belongings
- Ask for help when needed and offer help when appropriate
- Keep shared spaces tidy and treat equipment with care
- Celebrate each other's efforts and achievements

4. Boundaries

To protect everyone's wellbeing, participants must not:

- Engage in bullying, teasing, or discriminatory behaviour
- Use mobile phones or devices in a disruptive way
- Bring alcohol, drugs, or dangerous items to sessions
- Share personal information about others without consent
- Take photos or videos without permission

5. Safeguarding & Support

If you feel unsafe, worried, or unsure about something, please speak to a staff member or volunteer. We're here to listen and help.

Designated Safeguarding Leads:



DSO – Designated Safeguarding officer - Brie Whittaker – Operations manager
e: fit4lifetogether@sailship.org.uk m: 07587 647440

DDSO – Designated Deputy Safeguarding Officer – Kathy Howard – Tutor – 01255 879623

Trustee Safeguarding Officer - Elizabeth Barritt – CEO/Trustee e: liz.barritt@sailship.org.uk
m: 01255 879623

6. Consequences

If behaviour causes harm or disruption, staff may:

- Offer support and reminders
- Ask the participant to take a break or leave the session
- Review participation with carers or support workers
- In serious cases, suspend or end participation

7. Celebrating Positive Behaviour

We love to recognise kindness, teamwork, and progress. Participants may receive:

- Verbal praise
- Certificates or awards
- Opportunities to lead or mentor others