



PANATHLON INTERNATIONAL

LUDIS IUNGIT

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ETHICAL CHARTER ON RESPECT

1. Respect is a choice and a way of life.
2. Respect is measured by behaviour because, whilst talent is a wonderful opportunity that does not depend on us, good manners are always a choice.
3. Respect is a form of responsibility because, by setting an example, we shape the relationships and the environment in which we live.
4. Respect is also about paying attention to the people around us and the environment in which we live and train, so that we can learn and grow through the beauty of interaction.
5. By respecting and accepting the emotions we feel, we learn to empathise with others.
6. Inclusion is one of the highest forms of respect.
7. Respect, in its deepest sense (from the Latin *respicere*), is a fresh perspective that values the journey of growth of the athlete and the individual.
8. During the formative years, it is essential to respect the pace of growth of young athletes.
9. By respecting our opponents, we learn to respect ourselves.
10. By respecting teammates and staff, we become a role model.
11. The coach and parent must respect not only the young athlete's/child's strengths, but also their initial limitations, transforming them into areas for improvement.
12. Every result an athlete achieves deserves respect if it is commensurate with their true potential and ability.
13. We owe it to the team shirt we wear to respect that it represents something greater than ourselves (teammates, history, the club).
14. Respect for diversity is one of the most important assets of a team, starting with treating what we do not know with care.
15. Respect means leaving the kit in a better state than we found it, through commitment and dedication.
16. Respecting the spaces of training, competition and the changing room is the first step towards respecting the environment in which we live: this is where a team's discipline stems from.
17. Sporting talent is a gift that must be honoured through daily training.
18. It is important to respect victory as well as defeat: they are two sides of the coin called growth.
19. There are no shortcuts to victory; fighting doping means respecting oneself and one's health.
20. Knowing the rules of sport means respecting the referees who enforce them: it is not enough just to talk, but one must act with respect.

References

This Charter was drawn up by the Panathlon Club of Como, which proposed its adoption by Panathlon International

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