

DO'S AND DON'TS FOR BIATHLON ATHLETES

DO



Know your rights and responsibilities regarding safeguarding



Be respectful to your coach and teammates, as well as your opponents and officials



Support your peers and encourage them to speak out if they witness or experience harassment and abuse



Report any wrongdoing

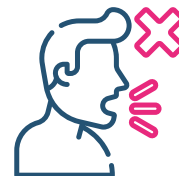
DON'T



Single out an athlete or denigrate them in front of others



Shame other athletes or make belittling comments that humiliate or intimidate them



Do not spread rumours about others. This includes bullying using technologies like social media or texting



Force a teammate or opponent to do something against their will