

## USA Karate Athlete Bill of Rights

Endorsed by USA Karate's AAC, with the purpose of maintaining and supporting an athlete base that is able to compete justly, we propose that all athletes:

### 1) Participate In Karate

Karate is inclusive and open to everyone. All athletes have the right to participate, regardless of their age, race, ethnicity, gender, sexual orientation, gender identity, disability, religion, or other similar characteristics. Athletes have the right to participate at a level commensurate with their maturity and ability and will be given an equal opportunity to strive for success. All athletes will be able to compete free from bias or favoritism with the rules objectively applied to all.

### 2) TRAIN AND COMPETE SAFELY

Safety is paramount. All athletes have the right to:

- Participate in an environment that is free from emotional, sexual, or physical abuse;
- Train and compete in a safe environment, free from inappropriate physical hazards, bullying, hazing, harassment, stalking, violence, or similar threats; and
- Train and compete on equipment that is clean, appropriately fitted, and properly maintained

### 3) HAVE THEIR PERSONAL HEALTH AND WELLNESS PRIORITIZED

Athletes have the right to pursue a healthy lifestyle that includes proper nutrition, mental health support, injury prevention and care, and necessary rest and recuperation, especially when healing from injury.

### 4) BE TREATED WITH DIGNITY AND RESPECT

Athletes have the right to be treated fairly and with dignity and respect. They have the right to make mistakes and fail without fear. They have the right to be respected, encouraged and supported appropriately by other athletes, parents, coaches, judges, spectators, event officials and those in positions of authority.

### 5) RECEIVE PROPER INSTRUCTION

Athletes have the right to:

- Be coached by individuals who are knowledgeable and have received appropriate training.
- Be properly prepared for participation by those in positions of authority, including coaches, club owners, and administrators. Athletes should be made aware of any modifications to IF rules implemented at events with adequate time to make modified preparations as needed.

- Question or report improper behavior or violations of the Safe Sport Code, including of coaches or club owners, without fear that doing so will negatively impact their participation or success.
- All athletes (and particularly minor athletes) are entitled to have their parents observe coach/ athlete interactions.

#### 6) PROVIDE INPUT ON MATTERS THAT DIRECTLY AFFECT THEM

Athletes have the right to provide input, and have their voices respected, in matters that directly affect them without fear of retaliation. Athletes have the right to understand the resources available to them from both USA Karate and the USOPC

#### 7) VOICE OPINIONS ON ISSUES THAT AFFECT THE KARATE COMMUNITY

Athletes have the right to respectfully express themselves on issues that impact the karate community, with the confidence that doing so will not jeopardize their ability to participate and/or negatively impact their success.

#### 8) INTEGRITY AND TRANSPARENCY

Athletes have the right to fair and transparent procedures and policies within their discipline – including selection procedures – that demonstrate integrity and are free from conflicts of interest, impropriety, and favoritism. Athletes have the right to readily access pertinent information that affects them.