



## Code of Conduct for Athletes

- Treat others with the same respect and fairness that you wish to receive
- Uphold the same values off the track/field as you do when engaged in athletics
- Anticipate your own needs, be organised and on time
- Thank those who help you participate in athletics
- Inform your coach of any other coaching you receive
- Show patience with and respect diversity in others
- Act with dignity at all times
- Notify a responsible adult if you have to go somewhere
- Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you train
- Use safe transport or travel arrangements
- Avoid destructive behaviour and leave athletics venues as you find them
- Never engage in any illegal or irresponsible behaviour
- Challenge anyone whose behaviour falls below the expected standards of 'Athletics Welfare'
- **Speak out immediately** if anything makes you concerned or uncomfortable ( Telling your Parents / Carers and or the Club Welfare Officer ) or if you suspect a club mate has suffered from misconduct by someone else

### + for Junior Athletes in particular

- Do not respond if someone seeks private information, unrelated to athletics e.g. home life
- Never accept a lift in cars or invitations into homes on your own or without the prior knowledge and consent of your parent/carer



## Code of Conduct for Parents / Guardians

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.