



## CODE OF CONDUCT: CHILDREN & YOUNG PEOPLE (under 18)

As a child or young person under 18 years, I have the right to:

- be safe and protected
- be listened to
- be respected and treated fairly
- be believed
- ask for help
- be coached by someone who has the right qualifications.

As a young athlete, I will respect the code of conduct and I will:

- Bring a positive attitude to training and competitions
- Follow the club's Track Rules
- Behave and listen to all instructions from your coach and officials
- Talk openly to the coaches and respect them. Do not argue with your coach and the volunteer support team or officials at a competition - use your energy for performing.
- Respect other people and be friendly and supportive to other athletes
- Keep myself and others safe
- Tell my coach if I am ill or injured as soon as possible
- Report inappropriate behaviour or risky situations to an adult
- Compete fairly and respect other athletes and officials
- Learn and participate by the rules of the club and athletics competitions
- Recognise and applaud all good performances and be a good sport – win modestly, lose with dignity.
- Take care of the track, pavilion and equipment
- Not use bad language or take part in inappropriate or illegal behaviour
- Not bully anyone or pressure them to do things they do not want to, including online
- In no way undermine, put down or belittle other athletes, coaches and the volunteer support team or officials
- Inform my coach of any other coaching that I am seeking or receiving
- Tell my parents/carers where I am or if I'm going to be late
- Not use my mobile phone during training, competitions or in changing rooms
- Not carry or consume alcohol or illegal substances including smoking or vaping while training or competing in athletics
- Use safe transport or travel arrangements.
- Keep to agreed timings for all club activities and arrive for training and events in good time to prepare thoroughly with appropriate kit for the activity and the weather.
- Inform your coach if you will not be attending a training session or if you need to leave the site early
- If you are selected to compete for the club have the courtesy to inform the team manager/coach if you cannot attend in good time, not at the last minute

Continually be thinking about how you can improve your skills after training and competition - please ask for support and help if you need it.

Train to the best of your ability and for fun and enjoyment – not just to please your parents and/or coach.

I recognise that I am bound by the UKA Anti-Doping Regulations and submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. UK Anti-Doping Rules apply to all member participating in athletics for a minimum of 12 months from the commencement of membership whether or not the member is a citizen of, or resident in, the UK.

Any athlete wishing to retire from the sport of athletics must put this in writing to the club and their Home Country Athletics Federation England Athletics and cancel any applicable membership. Official retirement will remove the athlete from being under the auspices of UKA's Anti-Doping Rules.

#### BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by the club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club Executive
- be suspended from attending club training sessions and competitions
- be suspended or required to leave the club.

Additionally, my club will always tell my parents/carers if I breach the code of conduct.

ATHLETE                      Name    Date

PARENT/CARER              Name    Date



## CODE OF CONDUCT: SENIOR ATHLETES

As a responsible athlete, I will:

- Abide by the UKA and the HCAF Child Safeguarding Policy and Procedures
- Abide by the UKA and the HCAF Adult Safeguarding Policy and Procedures
- Respect the rights of every athlete, coach, technical official and others involved in athletics and treat everyone equitably
- Uphold the same sporting values away from sport as I do when I am engaged in athletics
- Participate within the rules of the sport, respect decisions of coaches and officials, and demonstrate respect towards fellow athletes
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in my best interests and those of other athletes
- Consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances
- Follow the club's Track Rules
- Anticipate and be responsible for my own needs, including being organised, having the appropriate equipment and being on time
- Inform my coach of any other coaching that I am seeking or receiving
- Act with dignity and display courtesy and good manners towards others
- In no way undermine, put down or belittle other athletes, coaches or practitioners
- Avoid swearing and abusive language whilst in athletic venues, at club functions and events, or when as part of a team/ squad
- Never engage in any inappropriate or illegal behaviour
- Challenge and report inappropriate behaviour and language by others
- Take care of the track, pavilion and equipment and not misuse or abuse sporting equipment and venues
- Not carry or consume alcohol or illegal substances while training or competing in athletics including smoking or vaping
- Maintain strict boundaries between friendship and intimacy with a coach or official
- Use safe transport or travel arrangements
- Act ethically, professionally and with integrity, and take responsibility for your actions.

I recognise that I am bound by the UKA Anti-Doping Regulations and submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. UK Anti-Doping Rules apply to all member participating in athletics for a minimum of 12 months from the commencement of membership whether or not the member is a citizen of, or resident in, the UK.

Any athlete wishing to retire from the sport of athletics must put this in writing to the club and their Home Country Athletics Federation (Athletics Northern Ireland / England Athletics / Scottish Athletics / Welsh Athletics) and cancel any applicable membership. Official retirement will remove the athlete from being under the auspices of UKA's Anti-Doping Rules.

BREACH OF THE CODE OF CONDUCT I understand that if I do not follow the code, action can be taken by the club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club Executive
- be suspended from attending club training sessions
- be suspended from the club
- be required to leave the club.

Name

Date



## CODE OF CONDUCT: PARENTS/CARERS

As a responsible parent/carer of an athlete aged under 18, I will:

Abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures

Abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures

- Ensure your child is aware of the club's Track Rules and the Athlete's Code of Conduct and understands them
- Demonstrate respectful behaviour at all times and set a good example and encourage your child to enjoy taking part in athletics and to learn the rules of Athletics and always compete within them
- Help your child to recognise good performance and not just results and set a good example by recognising fair play and applauding the good performances of all.
- Make athletics fun
- Support your child's involvement and help them to enjoy their sport. Never force your child to take part in the sport if they do not want to
- Never punish or belittle your child for losing or making mistakes, everything they do is a part of the learning process.
- Use correct and appropriate language at all times
- Support the volunteer Age Group Leaders, team managers and coaches by responding promptly to requests for information, team selection availability, club events, registering and paying subscriptions
- Return any necessary registration or consent forms and be responsible for regularly informing the club of your child's personal details including next of kin details, health and any necessary medical and medication that your child needs
- Check the qualifications and licences of people who are coaching or managing your child, or offering a service connected to athletics such as physiotherapy, massage or nutritional advice
- Know exactly where your child will be and who they will be with at all times
- Assume responsibility for safe transportation of your child to and from training and competition in line with the club's information and policies
- Report any concerns about your child's (or any other child's) welfare to the Club Welfare Officer. (This does not affect your right to contact your local Social Services or the Police if you feel it is necessary)
- In no way undermine, put down or belittle athletes, coaches or the volunteer support team or argue with officials and people/competitors from other clubs at a competition. Publicly accept the judgement of the coaches, helpers and officials. If you're not happy with a decision take it up with the respective Age Group Leader in an appropriate way. The club will deal with any incidence of poor and discriminatory behaviour seriously, according to club disciplinary procedures
- Inform the coach in good time if your child is unable to attend a training session or competition.
- Smoking, prohibited substances, vaping or consuming alcohol is totally banned at the track or at competitions near the young athletes.

## GOOD SPECTATOR BEHAVIOUR

I understand that inappropriate pressure on children and poor behaviour of adult spectators can sometimes make children drop out of sport. I accept that this code promotes good spectator behaviour, and understand that if I verbally abuse children, coaches or officials, appropriate action will be taken.

## BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by the club and I may:

- Be asked to apologise for your behaviour
- Receive a verbal or written warning from the club committee/HCAF
- Be suspended from attending club training sessions and events
- Be suspended from the club
- Be required to leave the club.

Name

Date