



ATHLETE - CODE OF CONDUCT

Athletes are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for officials, opponents, and coaches undermine the purpose of sport and encourage behavior contrary to the spirit of the sport.

Our mission is to provide athletes the opportunity to compete at the highest level commensurate with their individual ability, potential, and interest. An emphasis on fair play and respect for all participants is a primary element of our club's mission. To better achieve that mission, we provide the following Codes of Conduct for all Athletes and Parents.

Athletes Code of Conduct

- Respect the sport and its rules, learn these rules and try to follow them, and compete fairly
- Conduct yourself with honor and dignity and treat other athletes as you would like to be treated.
- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment, ensuring you have informed if taking any medication and being on time.
- Inform your coach of any other coaching that you are seeking or receiving.
- Always thank the coaches and officials who enable you to participate in athletics.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Never engage in any inappropriate or illegal behaviour.
- Avoid destructive behaviour and leave athletics venues as you find them.
- Do not carry or consume alcohol to excess or illegal performance-enhancing substances.
- 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 the best interests of yourself and other athletes.

"In all cases the club has the right to refuse or terminate membership of any individual who does not conform to the codes of conduct of the club. There will be a period of suspension in which time an appeal can be made by the individual, the outcome of which will be decided at committee and that decision will be final"



In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics.

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/guardian
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/guardian and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible.

As a member of Sutton & District Athletics Club, you are agreeing to abide by the above code of conduct.