



## Athlete – Code of Conduct

As a responsible athlete you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- 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
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate clothing and equipment (e.g. head torches) and being on time
- Inform your coach or run leader of any other coaching that you are seeking or receiving
- Inform your run leader if you have any injury, illness or long term medical condition that may affect your running
- We recommend that you carry In Case of Emergency (ICE) details on your person
- Sign the group register on arrival and, if required, sign out on return from the session
- Be honest about your ability. If the group that you are in is too fast or too slow then consider changing groups at the next session. Take note of any recommendations given to you by coaches or run leaders about which group is most appropriate for you
- Listen to the run leaders and coaches and respect what they have to say; they have the best interests of the group in mind
- Do not run too far off the front of a group and always loop back at regular intervals or when requested to by the group leader
- Respect pedestrians and other path/road users. Give way to others when necessary
- Respect private land, close gates after passing through them and run in single file along footpaths
- Warn other runners around you of impending hazards, pedestrians, dustbins, low hanging branches etc.
- Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own or inform your run leader
- We recommend that you do not leave the session early. If it is necessary to leave early then inform the run leader
- Do not use inappropriate or offensive language whilst running with the club
- Always thank the coaches and officials who enable you to participate in athletics

As a responsible athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- 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
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

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/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and the management committee as soon as possible
- Report any suspected misconduct by coaches or other people involved in athletics to the management committee as soon as possible