

## Rothwell Harriers CODE OF CONDUCT FOR JUNIOR ATHLETES.

### **As a responsible athlete and representative of the club you will at all times:**

- Respect the rights, dignity and worth of every athlete, coach, official and others involved in athletics.
- Treat all individuals equally.
- Remember your position as a role model to others representing yourself, your family, your coaches and the club at all times.
- Be prepared for your sport by wearing appropriate clothing according to the conditions e.g. in the dark, cold and wet wearing appropriate high visibility jacket, leggings, hats, and gloves.
- Have appropriate water available for personal use.
- Always thank officials who give up their time and service voluntarily.
- Never take any banned or prohibited substances as detailed in the WADA code. If in doubt about a product, medicine or supplement and its use in or out of competition please seek guidance from the 100 % ME website or discuss with Dr Marc Randall our accredited WADA advisor.
- Remember that when using social media that includes any reference to the club, uses the club logo or references a club member in a public (e.g. Instagram, facebook, snapchat, twitter) or private forum (e.g. our closed face book page), the code of conduct and anti-bullying policy will apply.

### **As a responsible athlete when participating in training / coaching sessions and competition events you will:**

- Act with dignity always displaying courtesy and good manners towards others.
- Refrain from swearing or use of abusive language, goading and irresponsible behaviour at all times. The club will not tolerate such behaviour and where necessary reserves the right to:
  - a Temporarily suspend membership pending investigation.
  - b Issue an initial verbal warning.
  - c Suspend membership permanently for a repeat offence.
- Inform coaching staff if others use inappropriate behaviour or language.
- Never retaliate or take matters into your own hands.
- Never damage, destroy or deface any property or equipment at any venue you attend or train at as a club member.

### **Athletes should follow the following guidelines for safe participation in athletics:**

- Notify a responsible adult if you have to go somewhere (why, where and when you will return) and if anyone is accompanying you.
- Never accept lifts in cars or invitations anywhere on your own without prior knowledge and consent of your parent / carer.
- Inform coaching staff if you are going home with anyone other than your usual carer.
- Always use safe transport and travel arrangements.
- Report any injury or health problem to your parents / carers and club welfare officer as soon as possible.
- Refrain from training or competing with injury.
- Report any suspected misconduct by coaches or other persons involved in athletics to the club welfare officer as soon as possible.