

The Responsible Athlete Code of Conduct

As a responsible athlete you will:

- _ Treat others with the same respect and fairness that you wish to receive
- _ Uphold the same values off the 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 are receiving
- _ Show patience with and respect diversity in others
- _ Act with dignity at all times
- _ Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- _ Not respond if someone seeks private information, unrelated to athletics e.g. home life
- _ Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you work
- _ Never accept lifts in cars or invitations into homes on your own or without the prior knowledge and consent of your parent / carer
- _ 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 WO) or if you suspect a club mate has suffered from misconduct by someone else