

ATHLETE CODE OF CONDUCT: CHILDREN AND YOUNG PEOPLE

(under 18 years)



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:

- be friendly and supportive to other athletes
- keep myself safe
- tell my coach if I am ill or injured
- report inappropriate behaviour or risky situations to an adult
- compete fairly and respect other athletes and officials
- respect the rules of my club
- behave and listen to all instructions from my coach and officials
- take care of equipment owned or provided by the club or training facility
- 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 or practitioners
- keep to agreed timings for all club activities
- 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 while training or competing in athletics
- use safe transport or travel arrangements
- abide by the above and also follow the Behaviour Code as detailed below.

I understand that if I do not follow the code, action can be taken by my 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 committee
- be suspended from attending club training sessions
- be suspended or required to leave the club.

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

Behaviour Code

It only takes one athlete behaving inappropriately to totally disrupt a training session, which is not only disrespectful to the other members of the group but also to the coach. In light of this CADAC has developed a behaviour policy and we hope that athletes and parents will both appreciate the need, & give us your full support:

- A first offence will incur a “sin bin period” when the athlete will be asked to sit out of the session for a period of time.
- A second offence will incur a “yellow card” and the athlete will again be asked to sit out.
- A third offence will incur a “red card” when parents will be contacted and the athlete will not be allowed to attend training for the next two sessions. The athlete’s status will also be recorded in the clubhouse.
- Parents will be notified of yellow cards and the athlete can wipe their slate clean by achieving four sessions without incident, from the time of the last poor behaviour.

ATHLETE:

Name Signature Date

PARENT/CARER:

Name Signature Date