



# CITY OF PLYMOUTH ATHLETIC CLUB CODE OF CONDUCT FOR ATHLETES

(Revised January 2015)

## **1 GENERAL**

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- a) Respect the rights, dignity and worth of Athletes/Coaches/Technical Officers and others involved in athletics.
- b) Uphold the same values of sportsmanship off the track as you do when engaged in athletics.
- c) Cooperate fully with others involved in the sport in the best interests of yourself and others.
- d) Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time.
- e) Inform your coach of any other coaching that you are receiving.
- f) Always thank Coaches and Officials who are enable you to participate in athletics.

## **2 ATTENDING ATHLETIC ACTIVITIES**

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- a) Avoid swearing, abusive language and irresponsible behaviour, including behaviour that is dangerous to yourself or others.
- b) Challenge inappropriate behaviour and language by others.
- c) Avoid destructive behaviour and leave athletic venues as you find them.
- d) Do not carry or consume alcohol to excess.

## **3 YOUNG ATHLETES AND VULNERABLE ADULTS**

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- a) Tell a responsible adult if you have to go somewhere [why, where and when you will return].
- b) Do not respond if someone seeks private information unrelated to athletics such as personal information about home life, school etc.
- c) Strictly maintain boundaries between friendship and intimacy with a Coach or Technical Official.



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- d) Never accept lifts in car or invitations into homes on your own without the prior knowledge and consent of your parent/carer.
- e) Report any accidental injury, distress, welfare issue to your parent/carer and the Club Welfare Officer as soon as possible.
- f) Report any suspected misconduct by Coaches or other people involved in the Club to either the Vice Chairman or Club Secretary in the first instance as soon as possible.