

Codes of Conduct

A responsible club will:

- ensure that all coaches and volunteers hold the appropriate qualifications
- adopt national policies and codes of good practice in relation to athlete welfare
- ensure that club officers and volunteers always act responsibly and set an example to younger members
- appoint a designated Welfare Officer, who is provided with appropriate training and periodic updating, to act as the first point of contact in cases of concern about athlete welfare and make their contact details known to organisations
- liaise appropriately with other key persons, including parents / carers, officials, coaches and sport scientists, to ensure that good practice is followed
- carry out their duty of care within relevant legislation and government guidance as well as recommendation and guidelines from UKA
- operate within the guidelines of the Athletics Welfare Policy & Procedures document.

The athlete should:

- treat others with the same respect and fairness that they wish to receive
- uphold the same values away from the sport as they do when engaged in athletics
- anticipate their own needs, be organised and on time
- thank those who help them participate in athletics
- inform their coach of any other coaching they are receiving
- show patience with and respect diversity in others
- act with dignity at all times
- notify a responsible adult if they have to go somewhere (why, where and when they will return)
- not respond if someone seeks private information, unrelated to athletics e.g. home / school life
- never accept lifts in cars or invitations into homes on their own or without the prior knowledge and consent of their parent / carer
- use safe transport or travel arrangements
- avoid destructive behaviour and leave athletics venues as they 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 them concerned or uncomfortable (telling parents / carers and or the Club Welfare Officer) or if a club mate has suffered from misconduct by someone else.

A responsible parent / guardian should:

- meet the people who are coaching or managing your child and ensure you understand the role each person plays
- take an active interest in your child's participation and communicate with the club and coach in order to understand what training your child's participating in and why;
- ensure you are given the opportunity to attend training and competition sessions whenever possible;
- ensure that your child does not take unnecessary valuable items to training or competition
- know exactly where your child will be at all times and who they are with
- return a written informed consent form to the Club/Team Manager/Chaperone, including next of kin details, health and medical requirements, before your child goes to any 'away' events (see sample Consent Form in Appendices)
- inform your child's coach of any special needs that should be taken into consideration during your child's training and athletic performance
- provide any necessary medication that your child needs for the duration of any trips
- report any concerns you have about your child's welfare / treatment to the club / regional / national welfare officer (this does not affect your rights to notify the social services department or police if you feel a crime has been committed)
- get involved with the club and help out at events. The club will be delighted to have some help. You can always take some coaching or officiating qualifications to enable you to participate more fully in this role and your club should be able to provide you with information on this;
- emphasise your child's enjoyment rather than an overemphasis on winning.

Our club website is: WWW.

Codes of conduct continued...

Empower the athlete and yourself...

Be prepared to ask questions and be happy about the following things:

The Coach

- enquire about the coaches qualifications and experience
- the coach should have Child Protection and Health and Safety awareness
- the name and contact of the adult responsible for the athlete during the session
- the coach's behaviour towards the athlete and you.

Qualifications:

- Level 1 – Assistant Coach
- Level 2 – Group Event Specific Coach
- Level 3&4 – Performance/ Development Coach

The Club

- all staff and volunteers should be able to appropriately work with children or should only be working alongside a qualified coach
- there should be a written code of behaviour, which will not tolerate oppressive behaviour such as bullying, racism, and sexism
- the club should have a point of contact where you and your child can voice your opinion
- the Club should have a Health and Safety policy; there should be a leader present in every coaching session, who holds an up-to-date first aid qualification
- the facility that the sessions are held in should have passed fire and Health & Safety regulations and have a current Track Certificate.

Never make assumptions about athlete safety.

There are lots of things you can do to give the athlete the best chance of success!

- plan - make time for every area / aspect that they are involved with, especially rest, personal time or school/college work
- plan ahead to identify any possible clashes
- ensure one coach has the full picture in terms of all aspects of the athlete's sporting activities and lifestyle
- never sacrifice rest and recovery time
- review how things are going and make changes where necessary
- share plans with others (family, friends, school and coaches), and working with these people to resolve clashes
- write down any actions that need to be taken to improve the effectiveness of the athlete and your plans.

You may encounter problems. So, to ensure that the athletic experience is maximised it could be useful to consider the following:

- over emphasis on winning or losing rather than enjoyment, growth and development can be detrimental to performance
- financial Pressures - equipment and training costs
- pushing younger athletes too hard to live your own dreams.

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