



CODE OF CONDUCT: ALL ATHLETES

As a responsible athlete you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics.
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of yourself and other athletes.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances.
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and clothing and being on time.
- Inform your coach of any other coaching that you are seeking or receiving.
- Always thank the coaches and officials who enable you to participate in athletics.
- Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of gender, race, sexual orientation or ability.
- Respond appropriately and proportionally to incidents of bullying, including homophobia and transphobia.

As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
- Challenge inappropriate behaviour and language by others.
- Never engage in any inappropriate or illegal behaviour.
- Avoid destructive behaviour and leave athletics venues as you find them.
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity.
- Avoid wearing earphones in races that disallow their use to avoid being disqualified as this reflects upon the Club as well as the individual.
- Make every effort to let race organisers know if you are running in another runner's place - given that most races now use computers etc to record entries this should not be too difficult.
- Absolutely not use a number from a race from a previous year to run in a current race or run in a race that you have not officially entered - this is unfair on other runners who have paid to run and also unfair on the promoting club as this may be their only source of funds and it could mess up the results of the current race. In addition, you would not be covered by the insurance arranged by the organisers of the race and it could also be dangerous from a personal safety perspective. Once again this type of behaviour reflects upon the Club as well as the individual and could result in the individual's membership of Sphinx AC being revoked.

- Always remember that things said in jest can be misinterpreted and/or misrepresented – particularly by members of other clubs.
- Reminder that all members of Sphinx AC have a responsibility to consider the Club's reputation at all times and how their conduct may affect this reputation whether or not you are wearing a club vest.

In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics

- Notify a responsible adult if you have to go somewhere (why, where and when you will return).
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information.
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official.
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer.
- Use safe transport or travel arrangements.
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible.

Adherence to this Code of Conduct

All members of Sphinx AC are expected to adhere to this code. Should any member of Sphinx AC fail to adhere to this code, action can be taken by the Committee including:

- request to apologise for the behaviour that breached this code
- 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.

Last reviewed 18 March 2023