



CODE OF CONDUCT FOR ATHLETES (JUNIORS)

As a junior club member, you should:

- Listen carefully to your coach and act as directed
- Arrive on time for training or competitions and pay any fees for training or events promptly
- Tell someone if you have to leave the group and let them know how long you will be gone and where you are going
- Tell your parent/guardian/or representative if you feel uncomfortable with any behaviour in the group
- Try not to eat at least 2 hours before training; a heavy meal can cause cramps or a stitch
- Not train if you have been or are feeling unwell
- Use equipment for the purpose for which it is intended and please remember that others may also need to use it
- Take responsibility for ensuring that you wear the proper clothing for the weather conditions and take plenty of water to prevent dehydration
- Act fairly and never deliberately cheat or try to be dishonest
- Show good sportsmanship to fellow team members and opponents and remember to thank your coach and other club staff (including officials) at the end of competitions
- Do your best to treat everyone with respect
- Have fun!

Please do not:

- Have fun at the expense of affecting the safety of others
- Bully other participants either by yourself or as part of a group
- Keep quiet about bullying that you see or anything else that could make another participant unhappy
- Swear at or insult the coaches or other participants
- Laugh at or embarrass other participants
- Argue with your coach, or with the officials
- Smoke, consume alcohol or drugs of any kind

The following are examples of constitute unacceptable behaviour:

- Disrupting sessions/activities
- Using inappropriate language

- Abusing or disrespecting other participants and or officials
- Stealing or deliberately damaging equipment or belongings
- Bullying
 - physically: pushing, hitting, kicking, pinching, etc.
 - verbally: name-calling, spreading rumours, constant teasing and sarcasm
 - emotionally: tormenting, ridiculing, humiliating and ignoring
 - racially: taunts, graffiti and gestures
 - sexually: unwanted physical contact or abuse
 - electronically: texting, e-mails and blogs

Track Etiquette

- Never walk onto the track without first checking that the track is clear of athletes
- Treat access to the track as you would when crossing a main road
- Stay within the group you are assigned, do not mix with other groups