

## **Code of Conduct for Athletes**

### **Our Club**

Orwell Panthers Athletics Club is a Charitable Incorporated Organisation with registered no. 1163145 (**OPAC**). In this policy, a reference to 'we', 'our' or 'us' is a reference to OPAC.

### **Club Rules**

To make sure that our activities can be carried out safely and that everyone can enjoy themselves, we expect our athletes to follow the Club Rules at all times to the best of their ability. The Club Rules exist to protect all of our athletes, members, coaches and volunteers.

You **must**:

- (1) treat all coaches, officials, helpers, other athletes and members with respect at all times;
- (2) listen carefully to the coaches, officials, helpers and volunteers;
- (3) follow all instructions given to you by coaches, officials, helpers and volunteers to the best of your ability;
- (4) behave with good manners while participating in activities;
- (5) if you are under 16, have a responsible adult observing at all times;
- (6) tell the coaches, officials, helpers or volunteers that you are working with if you have any injuries or concerns about your ability to do any of the activities that you are asked to do (including if you are participating in any other sport or activities that might affect your ability to participate in training sessions);
- (7) look after your personal belongings; and
- (8) try to be on time for training sessions.

You **must avoid**:

- (9) swearing and abusive language;
- (10) behaviour that could be dangerous to you or others (including touching any equipment without being asked by one of the coaches, officials, helpers or volunteers);
- (11) bullying or other acts that could upset or offend others; and

In accordance with our objects to treat all athletes and members equally and fairly, we take breaches of the Club Rules seriously. Athletes and members should be aware that breaches of the Club Rules may lead to disciplinary action being taken, which may include removing an athlete's membership – for further information, please see our Disciplinary and Appeals Policy.

## **Affiliation with UKA**

OPAC is affiliated to United Kingdom Athletics (**UKA**). As such, we expect our athletes to adhere to the Code of Conduct for Athletes set out from time to time by the UKA (the **UKA Code**). The most recent version of the UKA Code is appended to this Code of Conduct.

## **Charitable objects**

In addition to the UKA Code, OPAC expects its athletes to adhere to its values and endeavour to uphold these at all times. In particular, athletes should be aware of the aims and objects of OPAC set out in our constitution from time to time. At the time of writing, these are:

- (1) the promotion of all the disciplines of competitive athletics;
- (2) to offer coaching and competitive opportunities in athletics for people with disabilities;
- (3) to promote the club within the local community and athletics;
- (4) to ensure a duty of care to all members of the club;
- (5) to provide all its services in a way that is fair to everyone;
- (6) to ensure that all present and future members receive fair and equal treatment; and
- (7) to promote the health and wellbeing of all club members.

## **Membership Secretary**

Please address any questions to this policy to the Membership Secretary:

Name:

Tel:

Email:

## **Adopted:**

**Orwell Panthers Athletics Club:**

## **Appendix**

### **UKA Code of Conduct (September 2016 edition)**

# **Athletics Welfare Policy and Procedures**

**Codes of Conduct**

**Reviewed Sept 2016**

## **Code of Conduct for 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 the 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 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

### **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

### **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