

# MEDWAY & MAIDSTONE A.C.

## CODE OF CONDUCT FOR ATHLETES

Medway & Maidstone A.C. is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that all members should, at all times, show respect and be encouraged to be open and to share any concerns or complaints that they may have about any aspect of the Club with the Hon. Secretary.

As an athlete who is a member of Medway & Maidstone A.C. you are expected to:

- Treat others with the same respect and fairness that you would wish to receive.
- Uphold the same values off the competition area as you do when engaged in athletics.
- Thank those who help you participate in athletics.
- Use appropriate language and behaviour at all times.
- Follow instructions from coaches, team managers and officials.
- Inform your Team Manager as soon as possible if you have to withdraw from an event, or are delayed.
- Inform your coach of any other coaching you are receiving.
- Arrive in plenty of time for training and competition
- Make your coach aware of any injury or illness.
- Not compete or train if seriously injured or unwell.
- Allow adequate time between eating a meal and training or competition.
- Make sure you bring suitable clothing and footwear.
- Accept publicly the decisions of others – technical officials, team managers, etc.
- Avoid destructive behaviour and leave athletics venues as you find them.
- Acknowledge that the use of performance-enhancing or recreational drugs is unacceptable.
- Challenge anyone whose behaviour falls below the expected standards of 'Athletics Welfare'.
- Let us know if any of your contact details change.
- Pay any fees for training or events promptly.
- Respond to e-mails.

Additionally, if you are a young athlete, you must:

- Speak out immediately if anything makes you concerned or uncomfortable (telling your parents/carers and/or the Club Welfare Officer) or if you suspect a clubmate has suffered from misconduct by someone else.
- At training or competition, notify a responsible adult if you have to go somewhere (why, where, and when you will return).
- Not respond if someone seeks private information, unrelated to athletics, e.g. home life.
- Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you have contact in athletics.
- Use safe transport or travel arrangements
- Never accept lifts in cars or invitations into homes on your own or without the prior knowledge and consent of your parent/carer.