



# Code of Conduct: Junior Athletes

As an athlete, I have the right to:

- Be safe and protected
- Be listened to
- Be respected and treated fairly
- Be believed
- Ask for help
- Be coached by someone who has the right qualifications

As a young athlete I will respect the Code of Conduct and I will:

- Read and familiarise myself with all COVID-19 guidelines and follow them while attending club activity.
- Be friendly and supportive to other athletes.
- Keep myself safe.
- Tell my coach if I am ill or injured.
- Report inappropriate behaviour or risky situations to an adult.
- Compete fairly and respect other athletes and officials.
- Respect the rules of my club.
- Behave and listen to all instructions from my coach and officials.
- Take care of equipment owned or provided by the club, or training facility.
- Not use bad language or take part in inappropriate or illegal behaviour.
- Not bully anyone or pressure them to do things they do not want to, including online.
- Keep to agreed timings for all club activities.
- Tell my parents/carers where I am or if I'm going to be late.
- I must not use my mobile phone in the changing rooms or as a distraction during training and competitions.
- Not carry or consume alcohol or illegal substances.
- Use safe transport or travel arrangements.

## Breach of the Codes of Conduct:

I understand that if I do not follow this Code action can be taken by my club and I may:

- Be asked to apologise for my behaviour.
- Receive a verbal warning from my coach.
- 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.

Additionally: My club will always tell my parent/carer if I breach the Code of Conduct.

<b>Athlete</b>		<b>Parent</b>	
Name		Name	
Signature		Signature	
Date		Date	

If you have any questions about this or any welfare issue, please contact our Club Welfare Officer:  
Inga Linklater, 07786657200, welfare@orkneyathleticclub.co.uk