



STOWMARKET = STRIDERS =



Stowmarket Striders Code of Conduct for Junior Members

Stowmarket Striders Running Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, committee members and parents/carers associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club. You can contact our Welfare Officer at welfareofficer@stowmarketstriders.org.uk

As a member of Stowmarket Striders Running Club you are expected to abide by the following Junior Code of Conduct:

1. Treat others with the same respect and fairness that you wish to receive
2. Thank those who help you participate in athletics
3. Never accept lifts in cars or invitations into homes on your own or without the prior knowledge and consent of your parent/carer
4. Speak out if anything makes you concerned or uncomfortable (telling your parents/carers and or the Club Welfare Officer) or if you suspect a club mate has suffered from misconduct by someone else. Contact details of the Club Welfare Officer can be found on our website.
5. All members must abide by this code of conduct and respect officials and their decisions.
6. All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion
7. Members should be organised and arrive to training and/or competitions on time, or inform their coach or team captain if they are going to be late
8. Members must wear appropriate footwear and clothing for training and/or competitions. During winter evenings or low visibility a hi viz vest or tabard must be worn as an outer layer of clothing. If competing as a Stowmarket Strider Junior member in a race a club vest and black shorts/leggings must be worn.
9. Members must pay any fees for membership or events promptly
10. Whilst attending/representing Stowmarket Striders members must act in a responsible and appropriate manner
11. Inappropriate behaviour, including disrespect to coaches and assistants (e.g. deliberately talking over session training instructions provided), failure to follow safety instructions, interference with the enjoyment of others and any form of behaviour which is disruptive to the session and it's safety will not be tolerated. Coaches have clear instructions to apply our disciplinary policy in all cases of any breach of the club's code of conduct.

12. Juniors are expected to behave in accordance with our Code of Conduct at all times. The following warning system will be employed in circumstances where a Junior continues to behave in a manner that is neither appropriate nor responsible:
- a. A 'yellow card' warning will be issued by the Coach where a Junior continues to behave inappropriately, having been spoken to previously in the same session and had their behaviour brought to their attention. Upon receipt of a 'yellow card' warning the Junior will be asked to sit out for the remainder of the session and their behaviour will be brought to the attention of their parent(s) or carer(s). A record of the warning will be noted on the register for that day.
 - b) A 'red card' warning will be issued by the Coach where a Junior has already received 3 'yellow card' warnings within the current year of membership. The 'red card' warning will mean that the Junior will be asked not to return to Junior sessions for the remainder of the membership year.

www.stowmarketstriders.org.uk