



# STOWMARKET = STRIDERS =



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## Code of Conduct - Members

**This document is for all members within the club. It is imperative that you read and abide by all appropriate codes of conduct. If you feel in any way that others within the club are not following these codes of conduct that you contact our Club Welfare Officer as soon as possible. [welfareofficer@stowmarketstriders.org.uk](mailto:welfareofficer@stowmarketstriders.org.uk)**

**As part of your application to join the club you will be asked to sign up to these codes of conduct.**

As a responsible athlete you will:

1. Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
2. Uphold the same values of sportsmanship off the field as you do when engaged in athletics
3. 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
4. Consistently promote positive aspects of the sport, such as fair play.
5. Never condone rule violations, or the use of prohibited, or age-inappropriate substances
6. Anticipate and be responsible for your own needs, including being organised, having the appropriate equipment and being on time
7. Inform your coach of any other coaching that you are seeking or receiving
8. 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:

9. Act with dignity and display courtesy and good manners towards others
10. 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
11. Challenge inappropriate behaviour and language by others
12. Never engage in any inappropriate or illegal behaviour
13. Avoid destructive behaviour and leave athletics venues as you find them
14. Not carry or consume alcohol to excess and/or illegal substances.
15. 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

16. Notify a responsible adult if you have to go somewhere (why, where and when you will return)
17. Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
18. Strictly maintain boundaries between friendship and intimacy with a coach or technical official
19. Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
20. Use safe transport or travel arrangements
21. Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
22. Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible

[www.stowmarketstriders.org.uk](http://www.stowmarketstriders.org.uk)