



## Athletes (18+) Code of Conduct

### Responsibilities – personal standards

Athletes must demonstrate proper personal behaviour and conduct at all times. This includes being aware of and following current governmental guidelines on public health in relation to COVID-19, which, at time of writing, includes:

- Personal hygiene measures such as face coverings and hand washings
- Social distancing, as necessary
- Not engaging in any physical contact with coaches, other athletes, volunteers or parents e.g 'high fives', handshakes etc

Although the club will make every effort to advise you on relevant changes, it is important you remain aware of the guidance for athletics clubs outlined on the Scottish Athletics website and do not make decisions which will knowingly put yourself or others at risk of infection.

The above will be reviewed regularly as the situation changes.

### I agree to abide by the Code of Conduct and the rules detailed in the Club Constitution, those of scottishathletics and UK Athletics. I will:

- Respect the rights of every athlete, coach, technical official and others involved in athletics and treat everyone equitably.
- Uphold the same sporting values away from sport as I do when I am engaged in athletics.
- Participate within the rules of the sport, respect decisions of coaches and officials and demonstrate respect towards fellow athletes.
- 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 my best interests and those of other athletes.
- Consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances.
- Anticipate and be responsible for my own needs including being organised, having the appropriate equipment, and being on time.
- Inform my coach of any other coaching that I am seeking or receiving.
- Act with dignity and display courtesy and good manners towards others.
- Avoid swearing and abusive language whilst in athletic venues, at club functions and events, or when as part of a team/squad.
- Never engage in any inappropriate or illegal behaviour.
- Challenge and report inappropriate behaviour and language by others.
- Not misuse or abuse sporting equipment and venues.
- Not carry or consume alcohol or illegal substances.
- Maintain strict boundaries between friendship and intimacy with a coach or official.
- Use safe transport or travel arrangements.
- Never engage in any inappropriate or illegal behaviour.
- Not wear any football attire or colours to training sessions, events or any other club activities.



**Breach of the Codes of Conduct:**

I understand that if I do not follow the Codes 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 from the club,
- Be required to leave the club.

**I hereby state that I have read the above and agree to abide by the code of conduct.**

**Print name** \_\_\_\_\_

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_

\*\* Please complete and return this form to your coach or, if completing electronically, send to the Club Welfare Officer:

Pauline Russell

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