

BURGESS HILL RUNNERS – JUNIOR ATHLETICS ACADEMY **CODE OF CONDUCT for ATHLETES**

Burgess Hill Runners and the Junior Athletics Academy are fully committed to safeguarding and promoting the well-being of all its members. The Club believes that it is important that members, coaches, administrators and parents 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 with the Club's Welfare Officer or Chair.

As a member of Burgess Hill Runners Junior Athletics Academy, you are expected to abide by the following Junior Academy Code of Practice:

- Abide by all rules and procedures which have been agreed will apply at training sessions, for example concerning appropriate standards of behaviour, signing-in/out of the Register.
- All members must play within the rules and respect officials and their decisions
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity
- Members should keep to agreed timings for training and events or inform their coach or Welfare Officer if they are going to be late
- Members must wear suitable kit:
 - shorts or lightweight tracksuit/running leggings and t-shirt plus warm-up top and, if training outdoors, weather-proof jacket, hat and gloves, or sun cap, sunglasses and sun protection, depending on the weather
 - Running-specific trainers or, if training indoors, other non-marking trainers (not fashion trainers).

In addition, young athletes should follow these guidelines on safe participation in athletics:

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

As a responsible Junior Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- 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
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them.