

PADDOCK WOOD AC - Code of practice for junior members

PADDOCK WOOD AC is 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 clubs welfare officers **Julian Seal & Lorraine Shephard**.

As a member of PADDOCK WOOD AC you are expected to abide by the following junior code of practice:

- ✓ 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 competitions or inform their coach or team manager if they are going to be late.
- ✓ Members must wear suitable kit (Please see list in welcome pack) – for training and match sessions, as agreed with the coach/team manager.
- ✓ Members must pay any fees for training or events promptly.
- ✓ No cigarettes, alcohol or drugs of any kind may be brought to training or used whilst representing the club.
- ✓ Unless required for medical conditions members may not consume any food/sweets/snacks until after a training session has finished.
- ✓ You must notify a coach, helper or parent if you need to leave the training session for any reason, please state where and with whom you are going, and when you will return.
- ✓ Please ensure you have been registered at the start of training.
- ✓ No member should leave at the end of training without parent/carer/guardian, unless we have been previously notified.
- ✓ Act with dignity and display courtesy and good manners towards others
- ✓ You must not swear or use abusive language, avoid irresponsible behaviour including behaviour that is dangerous to yourself or others.
- ✓ Bullying, verbal abuse and harassment are not acceptable in any way.
- ✓ Challenge inappropriate behaviour and language by others, please report this to a coach, helper or welfare officer.
- ✓ Never engage in any inappropriate or illegal behaviour

- ✓ Avoid destructive behaviour and leave venues & facilities as you find them.
- ✓ **As a responsible athlete you will:** Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- ✓ Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- ✓ 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
- ✓ Inform your coach of any other coaching that you are seeking or receiving
- ✓ Always thank the coaches and officials who enable you to participate in athletics
- ✓ Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers, coaches, helpers or club Welfare officer as soon as possible.

Please remember we are here for you to enjoy athletics and develop new skills in sport, if ANYTHING concerns you please speak to us as soon as possible, or ask your parent/guardian/carer to speak to us. Also if there's anything you particularly like or want to do we'd also like to know. If we don't know about it we can't change anything.



ITEMS REQUIRED FOR TRAINING:

- ◇ T-Shirt/running vest
- ◇ Jumper (Summer and winter)
- ◇ Coat – essential in winter, in summer a waterproof coat is appropriate.
- ◇ Shorts (please bring trousers to put on after training)
- ◇ Tracksuit bottoms/leggings
- ◇ Trainers – they do not need to be expensive, but must do up tightly and have a good grip
- ◇ Water or non-fizzy drink
- ◇ Spikes (if you have them/ want to wear them)
- ◇ If necessary a snack for **AFTER** training

PLEASE LABEL ALL CLOTHING, WATER BOTTLES, BAGS etc (We regularly have unlabeled clothing left at training).

