

## PADDOCK WOOD AC - Code of conduct 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 **Trevor Simms & Lorraine Shephard** or the clubs committee (info@paddockwoodac.co.uk)

### 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).

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 and promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- ✓ 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.
- ✓ Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time. Please inform your coach or team manager if you are going to be late.
- ✓ Members must wear suitable kit – 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
- ✓ 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.
- ✓ 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.
- ✓ Mobile phones/Smart watches must not be used during training, if a phone is brought to a session it must be left in a bag or given to a coach for safe keeping at the start of a session.

### **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.
- ✓ 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 Welfare officer as soon as possible.
- ✓ Report any suspected misconduct by coaches or other people involved in athletics to the 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. If we don't know about it we can't change anything.