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CLUB CODES OF CONDUCT

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1 CODE OF CONDUCT FOR GROUP LEADERS

1. Before you start running introduce yourself to the group and briefly explain the session that they are about to undertake.
2. Always ask whether anyone is new to the group or is feeling unwell or carrying an injury.
3. Ensure that everyone has proper running shoes and suitable clothing i.e. hi-visibility tops during dark evenings.
4. Begin each session with a gentle warm-up of at least 5 to 10 minutes of light running. Use regular members of the group to set the pace and do not be afraid to slow down the group if it is too fast.
5. Do not allow large groups. If there are more than 15 people then the group should be split into two separate groups. If there are more than 10 people nominate a second runner as an assistant group leader.
6. Respect the rights, dignity and worth of every member of the group and treat everyone equally.
7. Place the welfare and safety of the group above the development of performance.
8. Do not lead the group across private land or along busy or dangerous roads. Think of the whole group when crossing roads.
9. Runs to be a maximum of 1 hour, people may have other commitments.
10. Make sure that all activities are appropriate to the age, ability and experience of those taking part.
11. Try and avoid runners returning to the Club on their own. Always ask for someone to accompany a lone runner back to the Cluhouse.
12. Be particularly aware of slower runners or new runners to the group.
13. Do not always lead the group from the front. Be aware of the whole group and remember to look out for all runners from the front to the back.
14. **Encourage – motivate – gain respect – offer advice**

2 CODE OF CONDUCT FOR CLUB MEMBER RUNNERS

1. Listen to the group leader and respect what they have to say, they have the best interests of the group in mind.
2. Respect pedestrians and other road users. Give way to others when necessary.
3. Always wear suitable clothing and proper running shoes. Whilst running on dark evenings wear light coloured or hi-vis clothing. It is also advisable to carry a torch.
4. Do not run too far off the front of a group and always regroup at regular intervals or when requested to by the group leader.
5. Be honest about your ability. If the group that you are in is too fast or too slow then consider changing groups at the next session.
6. Respect private land, close gates after passing through them and run in single file along footpaths.
7. Do not use inappropriate or offensive language whilst running with the club.
8. Treat others with the same respect and fairness that you wish to receive.
9. Inform the group leader if you have any injury or illness that may affect your running
10. Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own.
11. Warn other runners around you of impending hazards, pedestrians etc.
12. If unsure ask for advice.

3 CODE OF CONDUCT FOR PARENTS / GUARDIANS

1. Ensure that your child is equipped with proper running shoes and suitable clothing. This includes hi-visibility tops during dark evenings, long sleeved tops / long bottoms for cold weather and a jacket for wet weather.
2. Please provide a bottle of water for your child for each training session attended.
3. Encourage your child to learn the rules and play within them.
4. Discourage unfair play and arguing with officials. Publicly accept officials' judgements.
5. Help your child to recognise good performance, not just results.
6. Support your child's involvement and help them to enjoy their sport. Never force your child to take part in sport.
7. Set a good example by recognising fair play and applauding the good performances of all.
8. Use correct and proper language at all times.
9. Immediately report any concerns that you may have about the training sessions or associated activities to the Juniors Captain, Child Protection Officer or to any Club Committee Member.
10. Do not bring your child to any training sessions if he / she is unwell, injured or receiving any medication. The Coach or running supervisor can be asked for advice in respect of this.

4 CODE OF CONDUCT FOR JUNIOR ATHLETES

1. Play within the rules and respect officials and their decisions. Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
2. Never engage in any inappropriate or illegal behaviour. 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
3. Respect the rights, dignity and worth of all participants regardless of age, ability, ethnicity, culture, religion or gender. Act with dignity at all times and treat others with the same respect and fairness that you wish to receive.
4. Keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
5. Wear suitable kit at each training session as agreed with the coach / team manager. Please also bring a bottle of water.
6. Athletes are not allowed to smoke or consume alcohol or drugs of any kind whilst attending club training sessions or representing the club at competitions.
7. Inform your coach of any other coaching you receive.
8. Notify a responsible adult if you have to go somewhere during a training session or competition.
9. Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you train. Do not respond if someone seeks private information, unrelated to athletics e.g. home life
10. Use safe transport or travel arrangements. Never accept a lift in cars or invitations into homes on your own or without the prior knowledge and consent of your parent / guardian
11. Speak out immediately if anything makes you concerned or uncomfortable. Tell your parents / guardian and / or the Club Child Protection Officer if you suspect that you or a club mate has suffered from misconduct by someone else

5 CODE OF CONDUCT FOR CLUB COACHES

1. Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
2. Place the welfare and safety of the athlete above the development of performance
3. Be appropriately qualified including obtaining CRB clearance, update your licence and education as and when required by UKA and adhere to the terms of the coaching licence.
4. Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
5. Observe a recommended maximum ratio of 1 coach to 12 athletes at a training session or work in partnership with another coach/coaching assistant.
6. Cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete
7. Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
8. Encourage and guide athletes to accept responsibility for their own performance and behaviour
9. Develop appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or vulnerable adults
10. You MUST NOT allow an intimate personal relationship to develop between yourself and any athlete aged under 18 years. Any violation of this could result in a coach licence being withdrawn. It may also be a criminal offence to conduct a relationship with an athlete aged under 16 years. It may also be a violation of your coaching licence to form an intimate personal relationship with a vulnerable adult coached by you.
11. It is strongly recommended that you do not allow intimate relationships to develop between yourself and athletes coached by you aged over 18 years.
12. Act with dignity and display courtesy and good manners towards others.
13. Avoid critical language or actions, such as sarcasm which could undermine an athlete's self-esteem.
14. 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

15. Challenge inappropriate behaviour and language by others
16. Be aware that your attitude and behaviour directly affects the behaviour of athletes under your supervision
17. Never engage in any inappropriate or illegal behaviour
18. Do not carry or consume alcohol to excess and / or illegal substances.
19. Avoid spending time alone with young athletes unless clearly in the view of others to protect both yourself and the young athlete.
20. Avoid taking young athletes alone in your car
21. Never invite a young athlete alone into your home
22. Always explain why and ask for consent before touching an athlete
23. Ensure that parents/carers know and have given consent before taking a young athlete away from the usual training venue
24. Report any accidental injury, distress, misunderstanding or misinterpretation to the parents/carers and club Welfare officer as soon as possible.