

Eccleshill Road Runners Code of Conduct for Athletes

This code of conduct should be followed at all times.

- Always treat everyone with respect, politeness and fairness - as you would expect to be treated.
- Be organised with your equipment, clothing, any medication you may need, fluids & food etc and arrive in good time.
- Inform the club of any other coaching you are receiving.
- Treat everyone equally, but understand and respect that not everyone is the same.
- Behave sensibly and appropriately. Wear appropriate clothing and listen to advice and instructions carefully.
- Inform a club official if you are unwell or suffering from an injury.
- You are not obliged to answer any questions from officials, coaches etc which are not related to athletics eg about your private and home life.
- Do not do anything illegal or irresponsible.
- Juniors: use safe transport or travel arrangements and never accept lifts or invitations unless your parent or carer knows and agrees.
- Juniors: if you are leaving the place where you are training or competing, tell a responsible adult why, where and when you will return.
- Juniors: tell your parent or carer and /or the Club official if anything makes you feel concerned or uncomfortable or if you think a fellow athlete has suffered from misconduct.

Date: November 2018

Signed:

Date: