

## **North Down Athletic Club – Code of Conduct for Athletes**

These guidelines have been produced by North Down Athletic Club after consulting with UK Athletics and Athletics NI.

### **1. Behaviour**

During training sessions or competitions, athletes should avoid actions which may bring the club into disrepute. Athletes also have a responsibility to report inappropriate conduct.

Athletes should;

- Abide by the club constitution and rules of athletics upholding high standards of equality, fair play and sportsmanship

**“North Down Athletic Club adopts the Sport NI definition of sports equity and therefore;**

- **Respects the rights, dignity and worth of every person and will treat everyone equally within the context of athletics regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status**
  - **Is committed to everyone having the right to enjoy athletics in an environment free from threat of intimidation, harassment and abuse**
  - **Members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity**
  - **Will deal with any incidence of discriminatory behaviour seriously according to club disciplinary procedures”.**
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- Ensure their club subscription fees are up to date. This will ensure registration with Athletics NI and therefore eligibility to compete
  - Anticipate and be responsible for their own needs including having the appropriate equipment and being on time
  - Show respect and never overtly criticise officials, coaches or volunteer helpers
  - Avoid swearing and the use of abusive language and irresponsible behaviour which is dangerous to yourself and others

- Inform an official and/or coach of any illness before, during and/or after an activity and avoid any type of training when injured
- Practice good track discipline whilst training or during competition (see point 3 below)
- Wear club colours or their national vest in competitions

## **2. Safety**

- Athletes should always warm up and cool down as advised by a coach of North Down Athletic Club
- Athletes should never take any prohibited substances and are advised not to experiment with ergogenic aids/foodstuffs
- Athletes should not carry or consume alcohol or illegal substances
- Always ensure safety guidelines for both track and field events issued by North Down Athletic Club coaches are upheld
- Avoid carrying/wearing items that could be dangerous to yourself or others, for example sharp keyrings or loose jewellery
- Please report any discrepancies in equipment and/or facilities to a North Down Athletic Club coach.

**North Down Athletic Club are committed to ensure the safety of all members by completing a risk assessment for activities and endeavouring to provide first aid treatment for injury, accidents and cases of ill health during coaching sessions or at competitions.**

## **3. Track Etiquette**

- Athletes should try to arrive punctually for training sessions and on arrival sign in at the Sportsplex
- Always follow the instructions of your coach
- Never enter or leave the track without stopping and looking in both directions
- Always leave the track by walking outside the barrier – not along the track
- When warming up avoid using lanes 1 and 2

- Never stand on the track when you are not training especially near start/finish lines
- Never cross the central grass area when any throwing activity is taking place
- Always check when going near the throwing areas and jumping runways and pits
- Never set off to run a rep or stride around the track if you can see a faster group or athlete coming towards you, wait until they have passed
- When you have finished a rep or stride don't just stop on the track as you may be blocking another athlete/group coming up quickly behind you
- If you hear someone shout "Track!" it means someone is approaching you at speed, probably from behind, so step aside quickly
- Parents/guardians please do not enter the track area. Coaches will be please to talk to you when the session is over and they too are outside the track.

#### **4. Younger Athletes**

- Athletes should ensure that their parents know where training is taking place and what time training starts/finishes
- Athletes should be aware of who the Welfare Officer is within North Down Athletic Club and that they can discuss concerns regarding child protection/safeguarding issues when required

#### **5. Parents/Guardians**

- Athletes should always be collected on time or if delayed a coach/volunteer helper should be informed
- If there is a concern this should be raised with a coach as soon as possible