



CODE OF CONDUCT: SENIOR ATHLETES

As a responsible athlete, I will:

- abide by the UKA and EA Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the UKA and EA Adult Safeguarding Policy and Adult Safeguarding Procedures
- ensure I am up to date with TAC rules, understand and adhere to them
- respect the rights of every athlete, coach, technical official and others involved in athletics and treat everyone equitably
- uphold the same sporting values away from sport as I do when I am engaged in athletics
- participate within the rules of the sport, respect decisions of coaches and officials, and demonstrate respect towards fellow athletes
- 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 my best interests and those of other athletes
- pay any fees for training or fixtures promptly
- recognise the valuable contribution made by coaches and officials who are all volunteers
- consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances
- anticipate and be responsible for my own needs, including being organised, having the appropriate equipment and being on time
- inform my coach of any other coaching that I am seeking or receiving
- act with dignity and display courtesy and good manners towards others
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- encourage everyone to enjoy sport and understand that people have different motivations for taking part
- avoid swearing and abusive language whilst in athletic venues, at TAC functions and events, or when as part of a team/squad
- never engage in any inappropriate or illegal behaviour
- challenge and report inappropriate behaviour and language by others
- not misuse or abuse sporting equipment and venues

- not carry or consume alcohol or illegal substances while training or competing in athletics
- wear suitable kit for training and wear TAC kit when representing the club
- avoid carrying any items that could be dangerous to myself or others excluding athletics equipment used in the course of any athletics activity
- maintain strict boundaries between friendship and intimacy with a coach or official
- use safe transport or travel arrangements
- act ethically, professionally and with integrity, and take responsibility for your actions
- I recognise that I am bound by the UKA Anti-Doping Regulations, and submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. UK Anti-Doping Rules apply to all members participating in athletics for a minimum of 12 months from the commencement of membership whether or not the member is a citizen of, or resident in, the UK. Any athlete wishing to retire from the sport of athletics must put this in writing to TAC and EA and cancel any applicable membership. Official retirement will remove the athlete from being under the auspices of UKA's Anti-Doping Rules.

BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by TAC and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the TAC committee
- be suspended from attending club training sessions and events
- be suspended from TAC
- be required to leave TAC

Print name.....

Signature..... Date.....