

PARENTS/GUARDIANS CODE OF CONDUCT

- 1) Support and enable your child to compete for Poole AC
- 2) Encourage your child to learn the rules and play within them.
- 3) Set a good example by recognising fair play and applauding the good performances of all.
- 4) Discourage unfair play and arguing with officials. Publicly accept officials' judgments.
- 5) Help your child to recognise good performance, not just results. Never punish or belittle a child for losing or making mistakes.
- 6) Support your child's involvement and help them enjoy their sport. Never force your child to take part in sport.
- 7) Use correct and proper language at all times.

ATHLETES CODE OF CONDUCT

- 1) Athletes are expected to compete for their club
- 2) Participants are to treat their fellow athletes with respect, encouraging them to fulfil their aims, especially those younger and less experienced than themselves.
- 3) Athletes are to treat their coaching team with dignity and respect; remember they give their time voluntarily to help you.
- 4) Athletes are to train to the best of their ability, and listen and respond positively to the directions of their coaches.
- 5) Athletes and their parents should never knowingly infringe the rules of competition set out by UK Athletics, and if in doubt should ask their coaches.
- 6) Athletes should, where possible, turn up promptly for training sessions and competitions suitably dressed for the weather conditions. Be prepared for unpredictable weather conditions.
- 7) Always come with adequate food and drinks to meet the needs of the meeting, and to prevent dehydration.
- 8) You should advise the Team Manager if you are unable to meet previously agreed commitments especially when attending competitions.
- 9) Athletes should show good sportsmanship both to team members and opponents.

10) Athletes should follow the directions of qualified officials at events and should take note of instructions given in competition.

11) Athletes should recognise the need for safety at all times and the need to look after and exercise due care of one another. Have fun by all means, but not at the risk of causing danger or a potential health and safety risk to yourself or other athletes.

12) Equipment should be used for the purpose for which it is made or as adapted for use by the coach.

13) It is important that you inform in writing, signed by a parent or guardian, whether you are suffering from any illness or are receiving medication. This will help coaches to assess activities that will support you.

14) Do not eat large meals in the hours preceding training or competition - it will adversely affect your performance.

15) Athletes and parents should acknowledge the UKA rules relating to the entering of Fun Runs, and that Poole AC cannot be held liable for any occurrence that may transpire in the event of its members taking part in such events.

FAILURE TO UPHOLD some aspects of this Code of Conduct may result in sanctions being imposed with regard to participation in club activities.