



Athletes Charter

- Treat others with the same respect and fairness that you wish to receive.
- Uphold the same values off the field as you do when engaged in athletics.
- Anticipate your own needs, be organised and on time.
- Thank those who help you participate in athletics.
- Inform your coach of any other coaching you are receiving.
- Show patience with and respect diversity in others.
- Act with dignity at all times.
- Notify a responsible adult if you have to go somewhere (why, where and when you will return).
- Not respond if someone seeks private information, unrelated to athletics e.g. home life.
- Use safe transport or travel arrangements.
- Avoid destructive behaviour and leave athletics venues as you find them.
- Never engage in any illegal or irresponsible behaviour.
- Challenge anyone whose behaviour falls below the expected standards of 'Athletics Welfare'.
- Speak out immediately if anything makes you concerned or uncomfortable (telling your parents/carers and or the Club Welfare Officer) or if you suspect a club mate has suffered from misconduct by someone else.