



This code of conduct will be followed at all times when you represent this Athletic club.

Members Code of Conduct

As a responsible athlete I will:

- Always compete to the best of my ability
- Listen and respond to what my Coach/Team manager tells me.
- Respect other athletes, coaches and officials.
- Uphold the same values off the track as you do when engaged in any athletic activities.
- Anticipate your own needs, be organised and on time.
- Thank those that help you participate in athletics.
- Show patience with and respect diversity in others.
- Compete fairly and act with dignity.
- Thank other athletes, and officials at the end of competitions.
- Wear appropriate clothing.
- Inform an appropriate adult when leaving the place where I am training or competing.
- Talk to someone at the Club I can trust or to the Welfare officer if I am unhappy about anything at the Club.
- Totally support all efforts to remove verbal and physical abuse.