

Code of Conduct for Young Athletes

DSD Athletics Club wishes to provide the best possible environment for all young people involved in the sport. Young people deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. These participants have rights, which must be respected, and responsibilities that they must accept. Young people should be encouraged to realise that they have responsibilities to treat other participants and sports leaders with fairness and respect.

Young athletes are entitled to:

- Be listened to
- Be believed
- Be safe and feel safe
- Be treated with dignity, sensitivity and respect
- Have a voice in the club / organisation
- Participate on an equal basis
- Be happy, have fun and enjoy sport
- Experience competition at a level at which they feel comfortable
- Make complaints and have them dealt with
- Get help against bullies
- Say no
- To protect their own bodies
- Confidentiality

Young athletes should always:

- Treat Sports Leaders with respect, (e.g.: coaches, managers, selectors, club officials etc).
- Play fairly at all times, do their best
- Respect team members, even when things go wrong
- Respect opponents, be gracious in defeat
- Abide by the rules set down by team managers when travelling to away events
- Behave in a manner that avoids bringing the sport of Athletics into disrepute
- Talk to children's officer if they have any problems

Young athletes should never:

- Cheat
- Use violence or physical contact that is not allowed within the rules
- Shout or argue with officials, team mates or opponents
- Harm team members, opponents or their property
- Bullying or use bullying tactics to isolate another player
- Use unfair or bullying tactics to gain advantage
- Take banned substances
- Keep secrets, especially if they have been caused harm
- Tell lies about adults / young people
- Spread rumours

Parents Code of Conduct

- I will respect my child's team-mates, leaders (e.g. Manager, Coaches, Officials, Judges), and parents as well as all athletes, parents and coaches. I will encourage my child to treat other participants, coaches, selectors, officials and managers with respect.
- I will give encouragement and applaud only positive accomplishments whether from my child, his/her team-mates, their opponents or their officials.
- I will respect my child's leader(s) and support his/her efforts
- I will respect the officials and their authority during sessions and events
- I will never demonstrate threatening or abusive behaviour or use foul language

Leader's / Coaches Code of Conduct

Leaders / Coaches should familiarise themselves with the *Code of Ethics and Good Practise for Children's Sport* and with the DSD Athletic Club Code of Conduct and follow the procedures if they suspect or receive complaints of abuse of any sort.

Leaders should:

- Be positive during session, praise and encourage effort as well as results.
- Plan and prepare appropriately.
- Put welfare of young person first, strike a balance between this and winning/results.
- Encourage fair play, treat participants equally.
- Recognise developmental needs.
- Be qualified and up-to-date with knowledge and skill of sport and athletics for young people.
- Involve parents where possible and inform parents when problems arise
- Keep a brief record of injury(s) and action taken.
- Keep a brief record of problem/action/outcomes, if behavioural problems arise.

Where possible Leaders should avoid:

- Spending excessive amount of time with children away from others.
- Taking session alone
- Taking children to their home
- Taking children on journeys alone in their car.

Sports Leaders should not:

- Use any form of punishment or physical force on a child.
- Exert undue influence over a participant in order to obtain personal benefit or reward.
- Engage in rough physical games, sexually provocative games or allow or engage inappropriate touching of any kind, and/or make any sexually suggest comments about, or to a child
- Take measurements or engage in certain types of fitness testing without the presence of another adult.
- Undertake any form of therapy (hypnosis etc) in the training of children.