

## Lewes AC - Athlete Code of Conduct

### As a responsible athlete you will:

- 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
- strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you work
- never accept lifts in cars or invitations into homes on your own or without the prior knowledge and consent of your parent / carer
- 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 WO) or if you suspect a club mate has suffered from misconduct by someone else