



Code of Conduct

The General Committee has issued the following Code of Conduct that applies to all members and parents of members of the club.

The Code is published on 12th October 2017 and may be amended from time to time.

The club's welfare officer (see complaints procedure below) is Sarah Hughes.

Paul Popham Running Club- CODE of CONDUCT

Code of Conduct for Athletes

As a member of Paul Popham Running Club it is important that you enjoy your time with the club and have every opportunity to reach your full potential. This applies equally to all your fellow athletes. To help achieve this we have put together a club code of conduct:

1. All members must treat their fellow athletes with the same respect that they would wish for themselves and abide by the club's main principle that we are inclusive, one team, we love and support every member's personal skill and ability and encourage each other to achieve individual goals.
2. There is no one person above, below, better than or unequal to another. Members must conduct themselves properly at all times and not bully, embarrass or intimidate fellow athletes either physically, verbally, mentally or through any form of social media such as text, Facebook, Twitter or other social networking sites.
3. Members should keep to agreed timings for training and competitions and inform their coach, leader or team manager if they are going to be late.
4. Members of the Paul Popham Running Club, are an ambassador for the club at all times and will act accordingly, uphold the club's values, respect the decisions of the coach team and committee.
5. Members must wear suitable kit for training and, when competing in the name of the club, must wear the official club kit.
6. Members must familiarise themselves with any the etiquette of any establishment we may use for sessions and follow it all times.
7. Members must promptly pay subscriptions when requested.
8. Members are not allowed to smoke or consume alcohol or drugs of any kind during club sessions or whilst representing the club or travelling to or from competitions. The use of illegal drugs or substances at any time is not permitted and members abusing this rule can face being banned from the club.
9. All members must abide by UK Athletics rules and respect officials and their decisions.
10. All members must abide by the anti-doping regulations of the sport

Code of Conduct for Leaders, Team Managers and Officials

Leaders, Coaches, team managers and other club officials have a special responsibility to uphold the good reputation and regulations of the club and to set good examples to the athletes and their parents, as follows:

1. Create a safe, fun and productive athletic environment and promote the positive aspects of athletics (such as fair play).
2. Develop appropriate working relationships with athletes, club colleagues and parents, based on mutual trust and respect.

3. Make sure all activities are appropriate to the ages, abilities and experience of those taking part.
4. Treat all athletes equally and value their worth and contributions.
5. Display consistently high standards of behaviour and appearance.
6. Follow all guidelines laid down by UK Athletics and the club.
7. Hold valid qualifications and DBS checks as appropriate.
8. Never exert undue influence over athletes to obtain personal benefit or reward.
9. Never engage in or condone rule violations, rough play or bullying.
10. Ensure athletes are not subject to any form of treatment that is harmful, abusive, humiliating or degrading
11. Encourage athletes to value their performances and not just results.
12. Encourage and guide athletes to accept responsibility for their own performances and behaviour.

Code of Conduct for Parents/Carers

Athletics can be a very rewarding experience for young athletes, providing the basis of an active and healthy lifestyle as well as offering chances to make new friends, acquire self confidence and, for those willing to persevere, to represent their club and country. Parents have a vital role to play:

1. Encourage your child to learn the rules of athletics and observe the spirit as well as the letter.
2. Discourage unfair play and arguing with officials.
3. Help your child to recognise good effort and performance and not just results.
4. Never force your child to take part in training or competitions which are not appropriate for his/her ability – seek guidance from the coach/leader.
5. Set a good example by recognising fair play and applauding good performance and effort of all.
6. Never punish or belittle a child for losing or making mistakes.
7. Accept decisions made by leaders and other club officials in good faith.
8. Don't impose your ambitions on your child – athletics is his/her activity, not yours.
9. Support your child's involvement and help him/her to enjoy athletics.
10. Support your child's leader(s) coach(es) and team manager(s).
11. Avoid swearing, abusive language and inappropriate behaviour at training sessions or events.
12. Encourage and guide your child to accept responsibility for his/her own performance and behaviour.
13. Ensure that your child (or you) communicates with his/her team manager, leader, coaches and club officials, particularly about availability.
14. Be aware that your attitude and behaviour directly affects the behaviour of your child and other young athletes.
15. Report any concerns you have about your child's or any other child's welfare whilst with the club to an officer or the welfare officer.

Complaints Procedure

The club recognises rules are meant to be broken and the Code of Conduct is a general rule of thumb and common sense approach to club behaviour. However if the Committee feel that any member is not abiding by the clubs main principal of one team, love and support for every member regardless of ability we will act on receipt of a complaint. Any complaint should be

raised in the first instance with the Welfare Officer or one of the club's officers (Chairman, Secretary and Treasurer) whose decision may be appealed to the General Committee whose decision shall be final. It is in the interests of all concerned that complaints should be resolved as soon as possible and in a spirit of goodwill.