

# Codes of Conduct for Members



The Codes of Conduct outline appropriate behaviours expected by all members of Wirral AC. It is our intention to maintain a safe and secure environment for all ages and genders to ensure everyone enjoys the sport and feels proud to be a part of the club.

The Code of Conduct is made available to all new members. It is imperative that you read and abide by all appropriate codes of conduct. If you feel in any way that others within the club are not following these codes of conduct, please contact the Committee as soon as possible. Contact details at the end of this document.

As part of your application to join the club you will be asked to sign up to these codes of conduct.

## **1. Code of Conduct for Athletes**

### **As a responsible athlete you will:**

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally. Respect should be given all times to ensure an inclusive club. This includes at training, races, at coaches meetings, and in email/ social media.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Always thank the coaches and officials who enable you to participate in athletics

### **As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse (including those committed on social media/ email/ text message etc)
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.

- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity
- Be proud to represent Wirral Athletic Club in all events

**In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics**

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare Officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club Welfare Officer as soon as possible

## **2. Code of Conduct for parents/people with parental responsibility**

### **As a responsible parent/person with parental responsibility or other supporter you will**

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally. Respect should be given all times to ensure an inclusive club. This includes at training, races, at coaches meetings, and in email/ social media.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Show support by encouraging them to be a full and active member and to take part in competitions. Parents should bear in mind that their child should enjoy participation without undue pressure being put on them by parents or coaches to achieve unrealistic goals.
- Remain supportive and positive when things are not going well to ensure children maintain their self esteem.
- Attend training or competitions whenever possible to support Wirral AC
- Ensure that your child does not take any unnecessary valuable items to training or competition
- Inform your child's coach or team manager of any illness or disability that needs to be taken into consideration for athletic performance
- Ensure any medical issues are highlighted upon joining, as directed, especially if their child suffers from asthma or any allergies.
- Assume responsibility for safe transportation to and from training and competition
- Return (if necessary) any written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before your child goes to any away events or trips

**As a responsible parent/person with parental responsibility or other supporters for a young athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse (including those committed on social media/ email/ text message etc)
- Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of your child and other young athletes
- Avoid destructive behaviour and leave athletics venues as you find them
- Never engage in any inappropriate or illegal behaviour
- Not carry or consume alcohol to excess and/or illegal substances.
- Not carry any items that can be dangerous to yourself or to others excluding athletics equipment used in the course of your child's athletics activity
- Be proud to support athletes competing for Wirral AC

Wirral Athletic Club is committed to providing a safe, wholesome and developmental environment within which all its members can participate, train, compete and progress within the sport of athletics. It recognises a special responsibility to ensure that this safe environment is provided for members who are under 18 years of age. To this end, the club has adopted the 'Child Protection Policy for Athletics' as currently published by the AAA of England and endorsed by the sport's governing body UK Athletics. The club operates from a Wirral Metropolitan Borough Council facility and so is obliged also to adopt the Wirral MBC Child Protection Policy. A copy of this is attached.

### **3. Code of Conduct for Coaches**

#### **As a responsible athletics Coach you will:**

- Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally. Respect should be given all times to ensure a cohesive club. This includes at training, races, at coaches meetings, and in email/ social media.
- Place the welfare and safety of the athlete above the development of performance
- Be appropriately qualified including obtaining CRB clearance, update your licence and education as and when required by UKA and adhere to the terms of the coaching licence
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
- At the outset clarify with athletes (and where appropriate, with parents or carers) exactly what it is that is expected of them and what athletes are entitled to expect from you
- Never try to recruit, either overtly or covertly, athletes who are already receiving coaching. If approached by an athlete receiving coaching refer immediately to the coach currently providing coaching support.
- Try to observe a recommended maximum ratio of 1 coach to 12 athletes at a training session or work in partnership with another coach/coaching assistant.
- Cooperate fully with others involved in the sport such as technical officials, team managers and other coaches.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Encourage and guide athletes to accept responsibility for their own performance and behaviour

- Develop appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or vulnerable adults
- Do not exert undue influence to obtain personal benefit or reward
- A coach **MUST** strictly maintain a clear boundary between friendship and intimacy with athletes and do not conduct inappropriate relationships with athletes. Relationship with athletes can cause significant problems for other team members, raising concerns of favouritism and/or victimisation should the relationship later end.
- In particular, you **MUST NOT** allow an intimate personal relationship to develop between yourself and any athlete aged under **18 years**. Any violation of this could result in a coach licence being withdrawn. It may also be a criminal offence to conduct a relationship with an athlete aged under 16 years. It may also be a violation of your coaching licence to form an intimate personal relationship with a vulnerable adult coached by you.
- It is **strongly recommended** that you do not allow intimate relationships to develop between yourself and athletes coached by you aged over 18 years.

**As a responsible coach, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards other coaches, parents and competing teams
- Proudly support Wirral AC athletes and encourage athletes to support each other
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse (including those committed on social media/ email/ text message etc)
- Challenge inappropriate behaviour and language by others
- Be aware that your attitude and behaviour directly affects the behaviour of athletes under your supervision
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them

- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

**In addition, coaches should follow these guidelines on best coaching practice, in particular with young athletes or with vulnerable adults**

- Avoid critical language or actions, such as sarcasm which could undermine an athlete's self esteem.
- Avoid spending time alone with young athletes unless clearly in the view of others to protect both yourself and the young athlete. In special circumstances, for example when coaching elite young athletes, one to one coaching sessions may form part of the required training schedule. In this circumstance, parental/guardian consent must be sought and obtained prior to sessions taking place. The coach must inform the parent/guardian of the venue for training and an emergency contact number should be provided by both the coach and parent/guardian.
- Avoid taking young athletes alone in your car
- Never invite a young athlete alone into your home
- Never share a bedroom with a child
- Always explain why and ask for consent before touching an athlete
- Ensure that parents/carers know and have given consent before taking a young athlete away from the usual training venue
- Work in same-sex pairs if supervising changing areas
- Respect the right of young athletes to an independent life outside of athletics
- Report any accidental injury, distress, misunderstanding or misinterpretation to the parents/carers and club Welfare Officer as soon as possible.
- Report any suspected misconduct by other coaches or other people involved in athletics to the Club, Regional, National or UKA Welfare Officer as soon as possible



## **TRACK USE / DISCIPLINE**

1. No general warming up on the track (Final stages with spikes allowed)
2. No jogging recovery on the track (Lanes to be left clear for efforts)
3. No warming down on the track (use grass around edge of infield and perimeter pathways)
4. Do not cross LJ/ TJ area (Access gate to be kept locked)
5. DO NOT CROSS INFIELD FIELD EVENT AREA while throwing training is in progress.
6. No use of field facilities unless accompanied by a coach (unless over 18)
7. No equipment allowed to be removed from store except by a coach or when athlete accompanied by a coach.
8. Always respect other groups and their requirements.  
Keep discussions off the track.
9. Replace all equipment after use.
10. No blocks, hurdles, barriers etc on the inside 3 lanes except by agreement with all track users.
11. Respect the agreed training times of all groups
12. Remember that we are all members of Wirral Athletic Club and that it requires competitors and team members not just individuals.

### **3. Club Welfare Officer Details**

The Welfare Officer will:

- Deal with confidential matters that may arise related to athletes and have an understanding and an appropriate way to such matters.
- Receive, record and pass on to the NGB Child Protection officer, any concerns relating to the welfare of young people and vulnerable adults
- To provide advice on the development of activities for young people within the club/organisation.
- Support the registration of all personnel involved in activities for young people with the club/organisation (CRB checks).
- Recognise the difference between poor practice in according to club rules and matters that would be seen as welfare issue.

Further to the role of the Welfare Officer, any complaints regarding conduct or other matters around club business are to be addressed to the committee for official consideration. (admin@wirralac.co.uk)