

Weston Athletic Club Welcome Pack – 2022/23



This pack is given to all new club members, coaches and officials within the club. It is essential that you read and abide by all appropriate codes of conduct. If you feel that others within the club are not following these codes of conduct you can contact either the club chairman or the club secretary.

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

- 1) Code of Conduct for Club Members
- 2) Code of Conduct for Club Coaches
- 3) Code of Conduct for Technical Officials

Kind regards

Jim Wotton

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WAC Chairman

1) Code of Conduct for Club Members

As a responsible club member you will:

- Respect the rights, dignity and worth of every club member, coach, technical official and others involved in athletics and treat everyone equally.
- 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 and representatives of the governing body in the best interests of yourself and other members.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited substances.
- Always be thankful to the coaches and officials who support you to participate in athletics.
- Use the club website in an appropriate way and never use the message board to post derogatory, unfriendly or offensive messages.
- Act responsibly and with dignity when using other social media sites to inform others of your athletic club related activity and achievements.

As a responsible club member, when participating in or attending any athletic activity, including training sessions or competition event you will:

- Remember when you are wearing items of club clothing, you are representing the club and therefore you should uphold the standards of behaviour expected of you by the club.
- Act with dignity and display courtesy and good manners to 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.
- Challenge inappropriate behaviour and language by others.
- Never engage in 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.

2) 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.
- Place the welfare and safety of the athlete above the development of performance.
- Be appropriately qualified including obtaining DBS (Disclosure and Barring Service) 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 exactly what is expected of them and what the athletes are entitled to expect from you.
- Try to observe a recommended maximum ratio of 1 coach to 12 athletes at a training session or work in partnership with other coach/coaching assistant.
- Cooperate with others involved in the sport such as technical officers, team managers and representatives of the governing body in the best interest of athletics.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited 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.
- A coach **MUST** strictly maintain a clear boundary between friendship and intimacy 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.
- Avoid swearing and abusive language and irresponsible behaviour.
- 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 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.
- Use the club website in an appropriate way and never use the message board to post derogatory, unfriendly or offensive messages.
- Act responsibly and with dignity when using other social media sites to inform others of your athletic club related activity and achievements.

3) Code of Conduct for Technical Officials

As a responsible athletics technical official you will:

- Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
- Place the welfare and safety of the athlete above the development of performance.
- Be appropriately qualified including obtaining DBS (Disclosure and Barring Service) clearance, update your licence and education as and when required by UKA and adhere to the terms of the coaching licence.
- Keep up to date with any changes in the relevant competition rules and seek the advice of others if necessary.
- 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 exactly what is expected of them and what the athletes are entitled to expect from you.
- Cooperate with others involved in the sport such as technical officers, team managers and representatives of the governing body in the best interest of athletics.
- Act in a decisive, objective but friendly manner in your interaction with other officials, athletes, coaches and spectators and carry out your duties in an efficient and non-abrasive manner.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited substances.
- Dressed appropriately, be fully prepared for the officiating task that is assigned to you.
- Arrive in good time for the competition and report to the official in charge.
- Conduct the event in accordance with the rules and with due respect to the welfare of the athlete.
- Work in a spirit of cooperation with other officials and do not interfere with their responsibilities.
- Offer guidance and support to less experienced officials whenever appropriate.
- 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.
- A technical official MUST strictly maintain a clear boundary between friendship and intimacy 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.
- Avoid swearing and abusive language and irresponsible behaviour.
- 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 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.
- Use the club website in an appropriate way and never use the message board to post derogatory, unfriendly or offensive messages.
- Act responsibly and with dignity when using other social media sites to inform others of your athletic club related activity and achievements.