

All members are bound by the Club's code of conduct and will:

1. If under 16, (in accordance with England Athletics guidelines) to not walk unaccompanied between the leisure centre and the track before and after a training session.
2. If under 18, (in accordance with England Athletics guidelines) to not walk unaccompanied between the leisure centre and the track during a training session.
3. Sign in at the registration desk when arriving for training. All athletes must register on arrival, in line with our guidelines at the time, to ensure we know who is at the track and that we have emergency contacts for all athletes and you must ensure:
 - a. you arrive at the track between 5-15 mins prior to the start of the session to ensure you are registered prior to the session starting.
 - b. you arrive at every training session with your RAC barcode and keep it on your person throughout the session. If for any reason this is not possible you must register with emergency contact details at the registration desk.
 - c. ensure that any changes in your health/medical conditions are reported and ensure the club has the current emergency contact details for you and another responsible adult.
4. No athlete is to join a training group without registering.
5. No latecomers will be accepted as all athletes must warm up as guided by the coach.
6. Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
7. Uphold the same values of sportsmanship off the field as you do when engaged in athletics
8. Act with dignity and display courtesy and good manners towards others.
9. 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.
10. Never engage in any inappropriate or illegal behaviour.
11. Avoid destructive behaviour and leave athletics venues as you find them.
12. Not carry or consume alcohol and/or illegal substances.
13. Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity.
14. 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.
15. Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time.
16. Always thank the coaches, volunteers and officials who enable you to participate in athletics
17. Notify a responsible adult if you have to go somewhere (why, where and when you will return).
18. Not respond if someone seeks private information unrelated to athletics such as personal information, home life information.
19. Strictly maintain boundaries between friendship and intimacy with a coach or technical official.
20. Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer.
21. Use safe transport or travel arrangements.

RAC Member Code of Conduct 2021



22. Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
23. Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible.
24. If anything makes you concerned or uncomfortable or if you think a fellow athlete has suffered from misconduct you should inform the Club Welfare Officer, parent/carer, or other coach. (All such reports will be treated in confidence by the club).
25. Abide by the safeguarding guidelines set out by the club for children and young people and adults at risk.
26. Not abuse or misuse any relationship of trust or position of power, or influence held.
27. Report any concerns about a child or adult's welfare to the Club Welfare Office.
28. Report to their coach or team manager when arriving for competitions.
29. Be organised and on time for training or competitions.
30. Ensure you are adequately equipped and attired for the training session/event, including all appropriate clothing and footwear for possible weather changes, water and sun cream for example and any medication you may need
31. Take part in competitions for the club as and when requested. You are obliged to attend at least two competitions per membership year.
32. Not disrupt training sessions with bad behaviour.
33. Abide by the Club's Code of Conduct, Member Policy and Discipline and Appeals Policy and track etiquette.
34. Most importantly, enjoy your sport and strive to do your best in a sensible and respectful manner.