

Junior Code of Conduct

Welcome to East Cornwall Harriers.

We are delighted you have chosen to join the club and we look forward to supporting you with your running. To ensure your safety and that of others within the club we have a club code of conduct, specific to junior runners, that you and your parent/carer must agree to if you wish to participate within coach-led sessions.

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As a child or young person under 18 years, I have the right to:

- be safe and protected
- be listened to
- be respected and treated fairly
- be believed
- ask for help
- be coached by someone who has the right qualifications.

Club Welfare Officer (CWO)

If you have any concerns regarding the safeguarding of any member of East Cornwall Harriers you must share this, without delay, with the club welfare officer – David Hannah drhannah316@gmail.com



As a young athlete, I will respect the code of conduct and I will:

- be friendly and supportive to other athletes
 - keep myself safe
 - tell my coach if I am ill or injured
 - report inappropriate behaviour or risky situations to an adult
 - compete fairly and respect other athletes and officials
 - respect the rules of my club (see appendix 1)
 - behave and listen to all instructions from my coach and officials
 - take care of equipment owned or provided by the club or training facility
 - not use bad language or take part in inappropriate or illegal behaviour
 - not bully anyone or pressure them to do things they do not want to, including online
 - in no way undermine, put down or belittle other athletes, coaches or practitioners
 - keep to agreed timings for all club activities
 - tell my parents/carers where I am or if I'm going to be late
 - not use my mobile phone during training, competitions or in changing rooms
 - not carry or consume alcohol or illegal substances while training or competing in athletics
 - use safe transport or travel arrangements.
 - I recognise that I am bound by the UKA Anti-Doping Regulations, and submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.
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I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended or required to leave the club.

Additionally, my club will always tell my parents/carers if I breach the code of conduct.

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Athlete

Name:	Signature:	Date:

Parent/carers

Name:	Signature:	Date:

Club Rules for Junior Runners

- Appropriate clothing and footwear must be worn. High-visibility clothing is mandatory for Autumn//Winter evening runs. The coach's decision is final.
- All juniors will meet at Lux Park at the start of all sessions, and return to Lux Park at the end of the session
- No junior shall leave the training session once started unless this is agreed by a coach or leader and if they are accompanied by a parent/carer (for example, in the case of injury or illness).
- Stay on pavements or footpaths unless told to by coach or leader.
- Not to cross any road or junction unless marshalled across by a coach or leader.