



# CODE OF CONDUCT FOR ATHLETES

**Livingston & District AAC want to encourage and support its members in the sport of athletics. Athletes are asked to abide by the following code of conduct at all times:**

- Commit to training and competing regularly, giving 100% effort at all times.
- Be organised and on time for training and competitions, and ensure you have all required equipment including appropriate clothing, footwear, food and drink.
- Co-operate fully, respecting all requests and decisions made by the coaches and officials.
- Always thank the coaches and officials who enable you to participate in athletics.
- Treat others with respect and fairness and do not disrupt training sessions with bad behaviour.
- Do not use mobile phones or MP3 players during training sessions unless their use is agreed by your coach.
- Inform your coach if you are receiving other coaching, or if you are unwell or injured.
- Never engage in any inappropriate or illegal behaviour.
- Take care of all equipment you use when training and competing and leave athletics venues as you find them.
- Speak out immediately if anything or anyone makes you concerned or uncomfortable.
- Notify a responsible adult if you have to go somewhere.
- Use safe transport or travel arrangements - never accept lifts in cars on your own without the consent of your parent/guardians.

Athletes who repeatedly ignore the code of conduct will receive a warning. Further issues may impact on your continued membership of the club.

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_