

## **WARD PARK RUNNERS**

### **CODE OF CONDUCT**

#### **Principles**

- The purpose of this Code of Practice is to uphold standards of ethical behaviour for both coaches and members. The components of ethical behaviour are: integrity, responsibility, competence and confidentiality.
- Club members participating in coached group sessions from the club's qualified coaches will be deemed to have accepted the Code and that of Athletics NI (ANI) and to endorse and subscribe to the principles and responsibilities embodied in them.
- The member-coach relationship is a two-way relationship where the members' well-being comes first. The core of the relationship is a mutual commitment by both the member and coach, to the sport in general and to athletics training in particular.
- Coaches and members agree that participating in, or continuing a training session, is a decision that can only be made each individual member; coaches will not exert undue pressure on members, beyond reasonable encouragement. Bullying, use of critical language and sarcasm, or otherwise undermining any athlete's self-esteem are totally unacceptable.
- Coaches will treat everyone who is participating in a coached session with equal dignity and respect, irrespective of their ability, gender, age, ethnic origin, religion, sexual orientation, disability or political persuasion.
- Members and coaches will treat each other with mutual trust and respect.

#### **Roles and Responsibilities**

##### **The coach will:**

- Respect the rights, dignity and worth of every member, regardless of background or ability.
- Place the welfare and safety of the member above the development of performance.

- Challenge inappropriate behaviour or language by others.
- Never put themselves in a position where exploitation or abuse of vulnerable members could occur or could have been thought to have occurred.
- Ensure that they are properly qualified for activities that they coach and update their licence and education as and when required by ANI.
- Turn up in good time for each session and/or assure that there is adequate cover for each session provided, or adequate notice of cancellation.
- In advance, clarify the content and purpose of a particular session.
- Lead sessions with enthusiasm and to the best of their abilities, consistently promoting the positive aspects of the sport.
- Act as a good role model by consistently displaying good standards of behaviour, appearance and safe training practice in their own training.
- Always ask the members permission and explain the reason why before touching the person.
- Co-operate fully with other colleagues in the best interests of the Club members.
- Listen and be sensitive to members' concerns.
- Make clear the limits of their commitment.
- Invite and listen to feedback from the members they are coaching.
- Recognise and accept when it is in the best interest of a club member to refer them to other, more qualified coaches or other specialists for advice.
- Report any suspected misconduct by other coaches to the appropriate authorities (the Club's Members Representative, ANI, police, as appropriate).

**The club member will:**

- Accept responsibility for their own behaviour and performance in training and in competition.
- Treat others with fairness and respect, showing patience with others and respecting diversity.
- Act in a dignified manner and not bring the sport or the club into disrepute.
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical or sexual abuse.
- Participate in sessions with enthusiasm and to the best of their abilities.

- Follow the coaches' instructions, including taking responsibility for reading the briefings and risk assessment for the session.
- Turn up in good time for the start of the session with suitable clothing and footwear ensuring necessary arrangements have been made for post-training re-hydration and nutrition.
- Inform the coach of any factors liable to have an impact on their ability to train or compete or their long-term health (e.g. wellness or health issues, medication, injury, illness, impending or recent competition, work or home pressures);
- Avoid destructive behaviour and leave athletics venues as you find them;
- Challenge anyone whose behaviour falls below these standards and those of ANI policies.
- Report any suspected misconduct by other coaches to the Club's Members Representative in the first instance.
- Give feedback to the coach on how the session felt for them and whether there are any consequential problems.
- Take personal responsibility for warming up before the session and cooling down including stretching after the session.
- Show appreciation to those throughout the club who help them participate in athletics, including the coaches.
- Consistently promote positive aspects of the sport of running.

**Additionally, parents or guardians will:**

- Assume responsibility for safe transportation of your child to and from training and competition.
- Report any concerns you have about your child's or any other child's welfare to the Club's Members Representative in the first instance.