



# TEAM ★ BLYTH

In this document you will find the following codes of conduct. We would suggest that all parties read and understand all of this document.

## **Code of Conduct for Junior Athletes**

## **Code of Conduct for Parents/carers of Junior Athletes**

## **Code of Conduct for Junior coaches and volunteers**

Your junior welfare and safeguarding team are: Lynne Bate, Gemma Ashby and Daniel Njai-Rowney

Contact: [blythwelfare@gmail.com](mailto:blythwelfare@gmail.com)

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## **Junior Athlete: Code of Conduct**

During training you need to:

- Make sure that you have the correct kit when you come to training. This includes warm layers in the winter, including hats and gloves. In the summer, remember to wear cool layers. Remember to bring waterproof layers if it might rain as well as a water bottle.
- Arrive on time ahead of the session and report to an adult so they know you have arrived, this can be one of the coaches, or when you pay for that week's session.
- If you have an injury or haven't been feeling well, please tell one of the coaches so they can make sure the training session is appropriate for you.
- Please avoid using mobile phones during training. These can cause distraction, and are not conducive to a positive training environment.
- Please accept that training/session plan that the coach provides for you. Sessions are carefully planned to aid long term development rather than short term gain. If you do have any concerns, always feel free to speak to your coach and/or parents.

As a junior athlete at Blyth Running Club you agree to the following behaviour:

- Don't use bad or abusive language either when talking to your fellow athletes or when talking to a coach or adult either.

- Do not engage in inappropriate or illegal behaviour. Do not engage in acts of violence, harassment or physical or sexual behaviour. Any form of bullying will not be tolerated and taken very seriously. Please have respect, be polite, and always kind to all athletes within the club, and from other clubs
- Don't consume alcohol or illegal substances.
- Never accept lifts in cars from anyone who you don't know, or from a known adult if you haven't already had prior knowledge or consent of your parent or guardian.
- Always respect the rights of your fellow athletes and coaches, of all genders, abilities, ethnicities, religions or ages.
- When competing give respect to all officials and coaches. If you do not agree with one of their decisions, explain that you do not understand the decision, rather than arguing.
- Uphold good sportsmanship both when competing and training and support your fellow athletes as you would wish to be supported. During competitions, always act with courtesy, kindness and dignity when interacting with other athletes, coaches, parents and officials. Congratulating and commiserating with other athletes, shaking hands with and thanking officials, helping those in distress, are examples of the ethos that is expected.
- Athletes should consider the consequence of discussing times, positions, records, PB's etc with other athletes. Please keep the focus on your own development, rather than comparing against others. Please consider that you can inadvertently cause upset and worry to others by excessively discussing these things.
- Respect the venues that you train and compete in. Always make sure that you leave them as you found them and treat all staff at those venues with respect.
- Notify an adult at either training sessions or competitions if you have to go somewhere, please explain why, where, and when you'll return.
- Don't respond if someone asks for personal information about you that is unrelated to your participation in athletics. Inform an adult or coach if this happens.
- If you have any concerns or issues whilst training/competing with the club, please inform your coach and/or parents. We appreciate that discussing with your friends via social media is likely to happen, but please do not send or share negative or derogatory comments about other athletes either openly or via private message. Always raise with coach/parent.
- Please report any instances where you feel uncomfortable, are worried, or in distress to your parents or guardians, or your club welfare officers. Their details can be found on the Blyth Juniors website and they can be contacted at [blythwelfare@gmail.com](mailto:blythwelfare@gmail.com)

### **Breach of the Code of Conduct:**

I understand that if I do not follow the Code, action can be taken 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 and events,
- Be suspended from the club,
- Be required to leave the club.

## **Parent/Carer of Junior Athlete: Code of Conduct**

Your role as parent/carers is very important in allowing your young athlete to develop within the training and competition environment. Please remember, an athlete focused approach should always be taken. The needs of the athlete come before the needs of the club, coach and parents.

- Please ensure your child is free of injury, healthy and fuelled and hydrated for sessions. In the event of any pre-existing injuries or concerns, please inform a coach prior to the session. If a coach advises an athlete to rest from training or a competition due to an injury or due to over-training – please respect this advice.
- Please ensure we have up-to-date contact details for you, and there is always somebody accessible in case of emergency. Ensure that your child has confirmed, safe and appropriate transport to and from sessions.
- Please be aware that sessions may be cancelled or changed at short notice. Be aware of the lines of communication through which you may receive updates.
- Parents "coaching from the side-lines", is not encouraged, can lead to confusion for the athlete and can undermine their current stage of development. If you have questions about your child's development or progress, speak to a coach. If you spectate during training session/competition, then please respect your child's freedom to train, and respect the session delivered by the coach. Please do not shout, gesture or interfere with your child's training, or indeed anyone else training.
- Please ensure your young athlete is dressed appropriately for the session and prevailing conditions. Weather forecasts are easily accessible via smartphone. In cold/wet/windy conditions then gloves, hats, skins, multiple layers are essential. Please also ensure athlete had appropriate footwear, and water/drink.
- When at training or competitions, please ALWAYS be supportive to your own child and other young athletes. Athletics is an individual sport, but it also comes with a reputation of great sportsmanship and a positive atmosphere. Any kind of negative language, communication or physical confrontations will not be tolerated under any circumstances. We aim to coach athletes to always display self-discipline, positive values and behaviours, you can do a great deal to assist in this regard.
- Please be mindful of discussing event performances, times, placings etc with young athletes, whether your own child or not.
- The coaching team are trying to develop young people over the long term, teaching them resilience, helping them develop into fully rounded young athletes, teaching them the correct technical skills, being able to deal with the demands that athletic

competition can bring both physical and mental. We are not always focused solely on the immediate results. We do appreciate of course athletes want to do well and parents want to see their child progress. However, our firm belief is in the long-term development for all, not quick fixes or short cuts. Occasionally, the goal of a competition will be to execute a key technical point we have been working on rather than winning or medalling. This way all athletes can feel they are making progress and achieve their individual potential over their long-term development, without the pressure of feeling if they didn't win somehow they are not making progress. Allow your child to develop at their own pace and do not place additional pressure to always win. Athletics should be first and foremost fun. If a child is for any reason feeling pressure to perform, they may not enjoy their sport and may be inclined to drop out of the sport altogether in the long term.

- The Power of 10 (a website that records performances and provides rankings) is a useful tool, but it also can be a source of great anxiety to young athletes. Used unwisely, it can distract from the focus on individual goals and individual development and can place additional unnecessary pressure on athletes of all ages. Please carefully consider the use of power of 10.
- Please accept and understand that athletes develop at different rates based on multiple factors including physiological and biological development, in addition to effort and application in training and dedication to the sport.
- Whilst at competitions, please respect officials and the jobs they do. Standing close to timekeepers, questioning field judges, arguing with decisions are examples of behaviour that should be avoided.
- Any disagreements or issues between athletes/families should be dealt with maturely and if needed, formally. If you have any concerns, however small, discuss with a coach or the welfare team. Under no circumstances must a parent/carer act in a way which results in distress or upset to another child. Please consider the potential consequence of your actions very carefully.
- It's important that a positive and happy atmosphere accompanies all training sessions and competitions. Regardless of any existing conflicts, please ensure you remain polite, welcoming, and supportive of all athletes and families. If you are unable to do this, then please consider whether it is appropriate for you to be present at the session/event.
- Social media. Please be aware of the massive influence social media can have on the mental wellbeing of young athletes. All social media correspondence relating to athletics should be positive and encouraging. Any kind of posting or comment that is likely to have a direct negative impact on a young athlete will not be tolerated under any circumstance. Please carefully consider what is posted on social media platforms.
- The club use social media extensively to display achievements and promote the club. Whilst we attempt to do this in a positive and encouraging manner, please speak to a coach or member of the welfare team if you have any concerns.

- As a parent/carer, the influence you have on your child will reflect their behaviour whilst taking part in athletics and in life in general. Please carefully consider the effect that your words and actions may have on them. Our ethos is to foster friendship, competitive spirit, and a supportive environment.
- If you have any concerns with regards to issues at all with regards to your child's welfare whilst at the club, then please do not hesitate to speak to a coach, or member of the welfare team. This does not affect your Rights to notify the social services department or police if you feel that a crime has been committed.
- Please ensure the club are aware of any medical conditions that your child may have.
- The coaching team may use video/photo technology as a training aid and for review. Technology is now an important part of training. The club have a dedicated digital device for this purpose to avoid misuse. By agreeing to this code of conduct, you accept and agree that photos/video may be taken of your child to be used as a training aid.
- Photos/videos from events and competitions are frequently posted on social media and in local press. By signing this consent form, you accept that your child's images may be used.
- We have separate codes of conduct for athletes and parents. Please read these so you are aware of the responsibilities of other parties

Should you fail to adhere to any of the above conditions, possible implications are:

- **An open discussion via email or verbally with yourself and a member of the coaching team.**
- **Receive a verbal warning from a coach or member of welfare team,**
- **Receive a verbal or written warning from the club committee,**
- **Be suspended from attending your child's club training sessions and events,**
- **Be suspended from the club along with your child**
- **Be required to leave the club along with your child**

## **Junior Coach & Volunteer : Code of Conduct**

Your role as a coach is very important in allowing your young athlete to develop within the training and competition environment. In addition to helping them develop life skills. Please remember, an athlete focused approach should always be taken. It's not about you as a coach, it's not about the club, its not about the parents. The young athlete's needs must always come first.

Your role as a Blyth Running Club junior coach required the following:

- You will respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability
- Ensure that the training and competition environment is a place of positivity, trust and teamwork. Any situations or parties that fuel a toxic environment must be dealt with promptly and appropriately.
- Ensure that anything that you post on social media with regards to junior athletes or the club is appropriate, encouraging and positive. Under no circumstances should anything be posted, whether covertly or not, that may cause upset or distress to a junior athletes, and indeed anyone else involved in athletics.
- Place the welfare and safety of the athlete above the development of performance
- Develop appropriate working relationships with athletes (especially under 18s), based on mutual trust and respect
- Not exert undue influence to obtain personal benefit or reward
- Encourage and guide athletes to accept and take responsibility for their own behaviour and performance and give them as much autonomy as possible
- Never do something for an athlete that they can do for themselves (in the case of some disabled athletes or vulnerable adults tasks of a personal nature may be requested or necessary. In such cases the full understanding and consent of the athlete, parent or carer should be sought and the individual's dignity should be respected.)
- Avoid critical language or actions, such as sarcasm, that undermine the athletes' self-esteem. Carefully consider language used, and ensure athlete understands the context of what is being expressed to them.
- Avoid spending time alone with a young athlete unless clearly in view of others
- Avoid taking a young athlete alone in your car
- Never invite a young athlete alone to your home
- Never engage in physical or sexually provocative games, including horseplay, or share a bedroom with a child.
- Always explain why and ask for consent before touching an athlete.
- Work in same-sex pairs when supervising changing areas
- Ensure that parents/carers know about and have approved in advance if taking a young athlete away from the usual training venue.
- Respect the right of young athletes to an independent life outside athletics
- Ensure that you have the appropriate UKA qualifications, which are fully up-to-date and cover the events that you are coaching.
- Ensure that your DBS is fully up-to-date. This is handled online, if in doubt, check your England Athletics portal or check with club secretary.

- Adopt safe training regimes appropriate to the age, stage of development and capacity of the athlete.
- Ensure athletes are fully aware of what is expected from them at training and competitions, in terms of effort, attitude and behaviour. They must also be aware of what they can expect from you as a coach.
- Ensure parents/carers are fully aware of what is expected from them at training and competitions, in terms of effort, attitude and behaviour. They must also be aware of what they can expect from you as a coach.
- Never try to recruit, either overtly or covertly, athletes who are already receiving coaching or are members of another club. If you are approached by a parent/athlete already with another club, first engage with them reasons why they wish to receive coaching from you or transfer club, look for possible solutions that avoid them moving club, only after these options have been exhausted should you consider their request
- Co-operate fully with other colleagues (e.g. other coaches, officials, team managers, sport scientists, doctors, physiotherapists, governing body staff) in the best interests of the athlete
- Consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited or age inappropriate substances
- Strictly maintain a clear boundary between friendship and intimacy with athletes
- Challenge inappropriate behaviour or language by others. This includes athletes, coaches, parents and anyone else in contact with young people during athletics training/competitions.
- Report any accidental injury, distress or misunderstanding or misinterpretation (including if a child appears to have been sexually aroused by your actions). A brief written report of such incidents should be submitted to the Welfare Officer as soon as possible, and the parents/carers notified.
- If any videos/photos are taken of young athletes for training/review purposes, please ensure you have necessary consents in place. The club has its own device for use by coaches, please read the separate guidelines on its use.
- Report any suspected misconduct by other coaches, parents or athletics personnel
- Consistently display high standards of behaviour and appearance

Should you fail to adhere to any of the above conditions, possible implications are:

- **An open discussion via email or verbally with yourself and another member of the coaching team, a member of the welfare team, or a member of the committee**
- **Receive a verbal warning from another coach or member of welfare team,**
- **Receive a verbal or written warning from the club committee**
- **Be suspended from attending club sessions and events**
- **Be suspended from the club**
- **Be required to leave the club**
- **Have your actions reported to the appropriate authorities, including but not limited to England Athletics and UK Athletics**