



CODE OF CONDUCT

Livingston & District AAC want to encourage and support its members in the sport of athletics, whether as athletes, coaches, officials or volunteers.

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.