Ambleside Athletics Club – Code of Conduct for Junior Runners, Parents and Club Coaches

Introduction

The codes of conduct describe good ethical conduct and practice for all involved in the sport of running. This document is specific for Ambleside AC juniors.

A fuller version is available on the England Athletics website at https://www.englandathletics.org/clubhub/resource/coaches-code-of-conduct/

Code of Conduct for Coaches, Leaders and Volunteers

- Place the welfare and safety of runners before the development of performance.
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the runner.
- Respect the right of young runners to an independent life outside running
- Implement recommendations and follow guidelines of UKA and EA.
- Take action to amend bad practice
- Respond to any indication of abuse and maintain confidentiality of any junior or adult involved. An incident report form is attached and should be returned to The Welfare Officer (Paula Bowen for Ambleside, Liz Lecky-Thomson for Broughton Runners.)
- Encourage and guide runners to accept and take responsibility for their own behaviour and performance.
- Make sure you are appropriately qualified for activities that you coach and update your licence and education as and when required by UK Athletics.
- With junior groups ensure that minimum appropriate ratio of coaches to runners is adhered to at all times.
- Clarify with runners (and where appropriate their parents or carers) exactly what is expected of them and what they are entitled to expect from you.
- Co-operate fully with other colleagues (e.g. coaches, officials, team managers, sport scientists, doctors, physiotherapists, governing body staff) in the best interests of the runner
- Develop appropriate working relationships with runners (especially under 18s), based on mutual trust and respect
- Avoid all behaviours that provide a bad example to others (e.g. abusive language, bullying, harassment, physical or sexual abuse)
- Challenge inappropriate behaviour or language by others.
- Avoid spending time alone with a junior unless clearly in view of others. Always maintain a minimum of two adults for each running group.
- Never engage in physically or sexually provocative games, including horseplay.
- Report any accidental injury, distress or misunderstanding or misinterpretation (including if a junior appears to have been sexually aroused by your actions). A brief written report of such incidents should be submitted to the Welfare Officer (Paula Bowen for Ambleside, Liz Lecky-Thomson for Broughton Runners) as soon as possible and parents/carers notified.

Code of Conduct for Junior Runners

- Treat others with the same respect and fairness that you wish to receive.
- Uphold the same values away from running as you do when engaged in running.
- Thank those who help you to participate in running.
- Respect diversity amongst fellow runners.

- Notify a responsible adult if you have to go somewhere whilst at training or racing.
- Not respond if someone seeks private information, unrelated to running e.g. home life.
- Avoid destructive behaviour and leave fell running areas as you find them.
- Never engage in illegal or irresponsible behaviour.
- Tell parents, carers or the Club Welfare Officer immediately if anything makes you concerned or uncomfortable or if you suspect a club mate has suffered from misconduct by someone else.
- Try to attend training whenever possible.

Code of Conduct for Parents/Careers

- Check out the people who are coaching or managing your child
- Take an active interest in your child's participation whilst not placing undue pressure on them to perform, participate or compete
- Attend training and races whenever possible
- Return a Parental Consent Form to the Junior Coordinator (Sarah Hodgson for Ambleside Juniors and Richard Lecky-Thomson for Broughton Runners), providing contact details, and relevant medical information.
- Inform your child's coach of any illness or disability that needs to be taken into consideration for running.
- Provide any necessary medication that your child needs for the duration of any trips or training sessions.
- Report any concerns you have about your child's welfare/treatment to Club Welfare Officer (Paula Bowen for Ambleside Juniors and Liz Lecky-Thomson for Broughton Runners.)