



Code of Conduct for Athletes

At Training sessions and Competition

Athletics should be safe, fun and conducted in a spirit of fair play. As a child or young person you are entitled to the best possible environment to participate in sport. You deserve to be given enjoyable, safe sporting opportunities. You have rights, which must be respected, and responsibilities that you must accept. You are encouraged to treat other athletes and Coaches with fairness and respect.

As a member of Lambay Sports & Athletics (LSA), please note the following:

You should always:

- ✓ Treat LSA Coaches & Volunteers with respect, for e.g. listen when your Coach is giving instructions.
- ✓ Act fairly at all times and do your best and keep to the rules of the sport.
- ✓ Respect other club members
- ✓ Respect all sports equipment and use only in the correct manner.
- ✓ Balls are not allowed during training unless used as part of the training session with the Coach.
- ✓ Respect your opponents and be gracious in defeat

You should never:

- × Waste time during training such as unnecessary trips to the toilet and constant water breaks. However, individual needs of athletes will be taken into consideration.
- × Cheat, for example, ever move from the start line until the whistle is blown or take short cuts.
- × Use any disruptive/harmful physical contact with other athletes/Coaches
- × Shout, argue or use bad language with fellow athletes or LSA Coaches
- × Cause harm to others or damage property
- × Bully or jeer other athletes

If however, **any of these rules are broken** the athlete's Coach will contact the parent and inform them of their Child's behaviour. If the rules are constantly broken Athletes may be asked not to come to sessions as they are disrupting important Coaching/Training time.

Parent/Carer of athlete or older child:

I have read (and explained), the above rules (to my child/children) and as a member of LSA, I accept the Code of Ethics & Good Practice.

Parent's Signature: _____ Date: _____

Child's Signature : _____ Date: _____