

Junior Athlete Code of Conduct

Introduction:

British Triathlon & Weald Tri Club is committed to maintaining the highest possible standards of behaviour and conduct at all triathlon, duathlon and club related events.

The British Triathlon 'Code of Conduct for juniors' summarizes the essence of good ethical conduct and practice within triathlon and Weald Tri Club.

All such individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon below. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

- All members must play within the rules and respect coaches & officials and their decisions.
- All members must respect their fellow members and opponents.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit – for training and events, as agreed with the coach.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke
- Junior members are not allowed to consume alcohol or drugs of any kind.

Tri-Safe – Young Person’s Guide to Keeping Safe & Having Fun:

Involvement with Weald Tri Club (WTC) should be fun, friendly, and enjoyable and you should always feel safe. You cannot do this if, for example, someone is bullying or abusing you.

Bullying and abuse in any form is unacceptable in our club, whether the behaviour is by a child, young person or an adult. We aim to make sure everyone involved in WTC knows and understands how important it is to make sure you are safe and enjoy your sport.

What can you do to keep safe?

You can follow these points at all times to help you and others keep safe and have fun:

Follow the ‘Dos’ and ‘Don’ts’. These are:

<u>DO:</u>	<u>DON’T:</u>
Listen and Co-operate	Don’t shout or swear
Be dedicated and follow rules	Don’t disrupt the group
Respect everyone’s views	Don’t talk to strangers or accept lifts from strangers
Be friendly and help others	Don’t arrive late
Tell your parents/carers where you’re going, when you’ll be home and if you’re getting a lift tell them who with	Don’t leave the session without first informing the coach
Give parents/carers a number that you can be contacted on	Don’t be a bully
Tell the coach where you’re going and always inform them of any medical conditions or injuries	Don’t boast

- ✓ If possible keep in groups when training and competing. Avoid being alone or with just one other person.
- ✓ Always make sure an adult you know and trust knows where you are at all times
- ✓ Travel with a friend, avoid travelling in someone else’s car by yourself
- ✓ Carry a mobile phone, phone card or some change
- X Avoid going to other people’s homes by yourself
- X If something is wrong or you are worried or upset then you need to tell an adult you know and trust and you should tell them straight away

If something is happening that spoils your fun or that hurts or frightens you then this isn’t your fault and there are things that can be done to stop it.

When do you know if something is wrong?

You know something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens you
- Uses violence and hurts you in any way
- Touches you or does anything that makes you feel uncomfortable
- Makes suggestive remarks or pressures you to do something you don't want to
- Damages or steals your belongings
- Is always unkind and makes fun of you or 'leaves you out' of games or activities
- Does anything that makes you feel lonely, upset, worried, unsafe, or embarrassed

If any of these things are happening to you then you need to tell an adult you know and trust and you should tell them straight away. Don't wait for it to happen again. It is not your fault and there are people who you can talk to and they will listen and help. Weald Tri Club and British Triathlon want to make sure you are having fun and being the best you can and that means not being upset or hurt by anyone.

What to do:

If you are being bullied, abused or if someone tries to make you do things you don't like, it is not your fault.

If any of these things are happening there are some things you can do:

- Tell an adult you know and trust as soon as possible; they can help you
- Be firm and tell the person to stop
- Say "No" in a very loud voice
- Make a lot of noise to attract attention
- Get away from the situation quickly
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened

Weald Tri Club & British Triathlon knows and understands how important it is to make sure you are safe and enjoy our sport so if you ever feel uncomfortable and want to talk to someone, there are people who can help. You can talk to Weald Tri Club Club Chairman (Kevin Draper) and / or Welfare Officer (Alison Acland). There are also other external points of contact.

Weald Tri Club:	
Welfare Officer: Chairman:	Alison Acland Kevin Draper (contact details can be obtained via coaches)
British Triathlon Lead Child Protection Officer:	01509 226 161 or 07739 526 562 or 07739 526 557
NSPCC:	0800 800 5000
NSPCC Child Protection in Sport Unit (CPSU):	0116 234 7278
Childline UK:	0800 1111