



NORTHERN DISTRICTS ATHLETICS CLUB CODE OF BEHAVIOUR

ADMINISTRATORS

- Ensure that equal opportunities for participation in sports are made available to all athletes including but not limited to; ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment & facilities are safe and appropriate to the ability level of participating athletes.
- Ensure rules, equipment, events & training schedules take into consideration the age ability & maturity level of participating athletes.
- Ensure that adequate supervision is provided by qualified and competent coaches capable of developing appropriate positive behaviour & skill technique.
- Remember that children participate for enjoyment (place more emphasis and value on participation)
- Avoid allowing programs to become primarily spectator entertainment. Focus on the needs of participants rather than the enjoyment of the spectator.
- Provide clinics aimed at improving the standards of coaching, with an emphasis on appropriate behaviour & skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials & participants understand their responsibilities regarding fair play.
- Ensure the Code of Behaviour policies are available on our website to spectators, officials, parents, coaches and athletes.



NORTHERN DISTRICTS ATHLETICS CLUB CODE OF BEHAVIOUR

ATHLETES

- Play by the rules
- Abide by the rules and respect the decision of the officials - never argue with an Official. If you disagree ask your Team Manager, Chaperone or supervising adult to make an appeal through the formal process and respect the final decision.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and / or your Club. Your Club's performance will benefit.
- Be a good sport. Applaud all good results whether they be by your Club, opponent or the other Centre/Club.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your Coach, Club mates & other participants. Without them there would be no competition.
- Participate in Athletics for the "fun of it" & not just to please parents & coaches
- Respect the rights, dignity and worth of fellow athletes, coaches and officials
- Do not accept inappropriate behaviour from others
- Respect the talent, potential and development of fellow athletes and competitors
- Care for and respect the equipment provided to you as part of your program
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements
- At all times maintain an appropriate relationship with your coach
- Maintain high personal behaviour standards at all times
- Be honest in your attitude and preparation to training
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition.



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COACHES OF “JUNIOR ATHLETES”

- Be reasonable in your demands on young athlete’s time, energy & enthusiasm.
- Teach athletes that the rules of the sport are mutual agreements which no one should evade or break.
- Whenever possible, group athletes to give a reasonable chance of success.
- Give all athletes equal attention, regardless of ability
- Remember that children participate for fun & enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing an event.
- Ensure that equipment & facilities meet safety standards & are appropriate to the age & ability of the athletes.
- Take into consideration the maturity level of the children when scheduling & determining the length of training times & competition.
- Develop respect for the ability of opponents as well as for the judgment of Officials & Coaches.
- Follow the advice of a GP when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles & the principles of growth & development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, other Coaches or Officials, smoking on the arena or being intoxicated.
- Physical contact with children must be appropriate as required to demonstrate a skill. Permission from the child must be obtained before physical contact and must be ceased immediately if the child appears to be uncomfortable
- When providing one on one support for a child always ensure that it is full view of others.



NORTHERN DISTRICTS ATHLETICS CLUB CODE OF BEHAVIOUR

COACHES OF “JUNIOR & SENIOR ATHLETES”

- Coaches must respect the basic human rights, that is the equal rights, of each athlete with no discrimination on the grounds of gender, race, colour, language, religion, political or other opinion, national or social origin, association with a national minority, birth or other status.
- Coaches must respect the dignity and recognise the contribution of each individual. Coaches must not act in any ways that is defamatory, insulting or abusive to others. This includes respecting the rights of an individual for freedom from verbal, physical or sexual harassment and advances.
- Coaches must avoid any form of sexual relationship with athletes that could develop as a result of their coach-athlete relationship.
- Coaches must ensure that practical environments are safe and appropriate. This appropriateness must take into consideration the age, maturity and skill level of the athlete. This is particularly important in the case of younger or less experienced athletes.
- Coaches will always consider the physical and emotional well-being of an athlete and place these needs ahead of any other concerns, such as competition or training. Coaches will discourage athletes from competing or training if there is likelihood that such competition or training could be detrimental to the athlete’s physical or emotional well-being.
- Coaches will, wherever practical, avoid unaccompanied and unobserved one-on-one activity, when in a supervisory capacity or where a power imbalance will exist, with people under the age of 18 years.
- Coaches must acknowledge and respect the Rules of Competition. This respect should extend to the spirit as well as to the letter of the rules, in both training and competition, to ensure fairness of competitive opportunity between all athletes.
- Coaches must exhibit an active respect for officials, by accepting the role of the officials in providing judgment to ensure that competitions are conducted fairly and according to the established rules.
- Coaches have a responsibility to influence the performance and conduct of the athletes they coach, while at the same time encouraging the independence and self determination of each athlete by their acceptance of responsibility for their own decisions, conduct and performance.



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- Coaches must assert a positive and active leadership role to prevent any use of prohibited drugs or other disallowed performance enhancing substances or practices. This includes education of the athletes of the harmful effects of prohibited substances and practices.
- The coach must acknowledge that all coaches have an equal right to desire the success of the athletes they coach - competing within the rules. Observations, recommendations and criticism should be directed to the appropriate person outside the view or hearing of the public domain.
- The coach must acknowledge and recognise that all athletes have a right to pursue their athletic potential. A coach will recognise that a previous coach-athlete relationship may exist and that prior to taking on an athlete, all reasonable efforts have been made to ensure any previous relationship has ended in a 'professional manner'. Coaches will always recognise the athlete's right to consult with other coaches and advisers.
- Coaches will hold the National Coaching Accreditation Scheme (NCAS) Accredited Athletics Coach (AAC) qualification. Coaches will respect that coaching accreditation is an ongoing commitment, achieved through the upgrading of their knowledge by further participation in accredited programs, or workshops, as well as through practical coaching experience. Coaches also have a responsibility to share the knowledge and practical experience they gain.
- Coaches must at all times, be honest and never allow their qualifications or experience to be misrepresented.
- Coaches must respect the image of the coach and continuously maintain the highest standards of personal conduct, reflected in both the manner of appearance and behaviour. Coaches must never smoke while coaching or in the presence of athletes, nor consume alcoholic beverages so soon before coaching that it affects their competence or that the smell of alcohol is on their breath.
- Coaches should cooperate with all individuals and agencies that could play a role in the development of the athletes they coach, including working with other coaches and where appropriate, sports science and sports medicine professionals.
- Coaches must not act in any way that brings the sport of athletics, Athletics Australia in its role as the National Federation, the IAAF or any other member organisation into disrepute.



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PARENTS/SPECTATORS

- Encourage children to participate if they are interested. However, if a child is not willing to, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Athletics for their enjoyment, not yours.
- If you disagree with an Official, raise the issue through the appropriate channels rather than questioning the Official's judgment & honesty in public. Remember, most Officials give their time & effort for your Childs involvement.
- Support all efforts to remove verbal & physical abuse at Athletics activities.
- Recognise the value & importance of being a volunteer Official and/ or Coach. They give their time and resources to provide recreational activities for children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, Coaches or Officials, smoking on the arena or being intoxicated.