



Athletes' Code of Conduct (18 and over)

Motherwell Athletics Club is proud to have a family-friendly ethos at its heart. It strives to be a supportive, inclusive and positive club which values effort, contribution and participation.

The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment or abuse.

To maintain and foster our highly-prized team spirit and to derive maximum benefit and enjoyment from MAC membership, it is essential that all members aged 18 and over adhere to the following Code of Conduct.

- Respect the rights, dignity and worth of all participants and treat everyone equally within the context of their sport, regardless of age, ability, disability, gender, race, ethnicity, religious belief, sexuality or social/economic status;
- Conduct yourself at all times, both in and out of competition, in a spirit of fair-play, good manners and sportsmanship. Abusive behaviour of any kind will not be tolerated;
- Think of your own safety and that of others when training or competing, and act accordingly;
- Show respect to coaches, other athletes and officials;
- Treat the training environment with respect – no littering;
- Wear appropriate clothing and footwear (no football strips);
- Be on time for training;
- Inform your coach if you are unwell or injured;
- Warm up properly;
- Complete sessions to the best of your ability;
- Set a good example to others and be supportive;
- Listen carefully to all instructions from your coach;
- Pay training and membership renewal fees promptly;
- Never leave someone to run alone.