



## Athletes' Code of Conduct (Under 18)

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 under 18 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, officials and parents;
- Treat the training environment with respect – no littering, no climbing on equipment or fixtures, no glass bottles;
- 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;
- Inform your coach if you have to go somewhere (for instance, the toilet);
- 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;
- Speak out immediately if anything or anyone makes you concerned or uncomfortable, or if you suspect a club mate has suffered misconduct from someone else;
- Pay training and membership renewal fees promptly;
- Unless agreed in advance with Club management, only train with MAC-approved coaches (this excludes routine training at your school);
- No mobile phones during training.