



Athletes' Code of Conduct

Athletics is a sport for everyone. As an athlete and member of Knutsford Harriers and Athletics Club, you have a responsibility to show good sportsmanship at training sessions and events. Competition and a desire to do well are important, but it is more important that we can all enjoy our sport.

We have a fantastic group of Young Athletes across age groups from under 9's to under 16's. Please observe your responsibilities to the Club, to your parents, your clubmates and coaches by observing this Code of Conduct.

- Continue to come along regularly to Thursday night training
- Show respect for your coaches and clubmates and:
- LISTEN to the coaches when they are speaking to the group or an individual
- DO AS THEY SAY – there are several reasons for this:
 - Safety – both in terms of protection from injury (warm ups and instructions are both designed to promote good practice)
 - And avoiding accidents such as being hit during throwing events (we may only be throwing soft items some times, but good habits now, mean we will be able progress to metal shots, javelins and discuss with time)
 - Enjoyment – it's not fun for the athletes if others are messing about and not doing what they are supposed to
 - Fitness and sporting achievement – there is little point coming to training if you do not want to have a go at every activity and do your best. All we ask is that you make a good effort, and enjoy doing sport with your friends – improvements and fast times will come with time to those who wish to work at it.
- BE A GOOD TEAM PLAYER - Though most athletics events are individual in nature, we encourage a culture of support and encouragement for all members of our club, regardless of ability. This applies at training sessions and events.
- CONSIDER REPRESENTING KNUTSFORD HARRIERS – Athletics is so much more than an hour at Knutsford Leisure Centre. There are opportunities to compete in a wide variety of events throughout the year.
 - It's a great feeling for us as coaches and parents, to see our athletes in their pink or blue representing their club, and enjoying their athletics.
- UNDERSTAND that all the coaches, committee and other parent helpers give their time freely. Make sure your behaviour does not make them want to change their mind.
- Continue to be amazing and being part of our club!

If you have any feedback or queries around this document and the policies it outlines, please contact the Welfare Officer.