



Athletics Welfare Policy and Procedures

Code of Conduct for B&BHAC Junior Athletes

(Adopted 19th September 2019)

- Be respectful to other athletes and particularly the session juniors' coaches (and any helpers).
- Listen, be quiet when coaches are giving advice or instruction.
- Be on time for training.
- Bring any equipment required such as spikes, clean trainers for indoor work, water bottles.
- Follow club rules when involved in any road running sessions.
- No use of phones or other electrical gadgets (except sports watches) during training (unless pre-arranged with the session coach).
- Not to use any play equipment at the venue during the training session.
- Not to go off the field (for any purpose) without agreement of the coach.
- Be dressed appropriately for the weather conditions.
- Use appropriate language, no swearing.
- Don't wind other athletes up by supporting some against others during games.
- Take the training seriously, do not mess around.
- Be mentally and physically ready to take part in the training or competition.
- Try your best.
- Enjoy yourselves