



AFD CODE OF CONDUCT FOR YOUNG ATHLETES

RESPECT

- Always treat everyone fairly and with respect. And do not distract or disrupt yours or anyone else's sessions by behaving in an unacceptable way.
- Take part in at least 4 competitions/events for AFD per year.
- Get to training and competitions on time and make sure you have the right clothing, equipment and hydration depending on the weather and event.
- Always thank your coaches and officials who enable you to participate in athletics.
- All young athletes should show a spirit of fair play and good sportsman ship.

HONESTY & COMMUNICATION

- Tell your coach if you feel ill or are suffering with an injury.
- Tell your coach if you are also being coached by anyone else.
- Tell your coach or staff if you have to go somewhere and when/if you will come back.
- Don't leave the stadium until you've told a coach/member of staff that your parent/supervisor is there to pick you up.
- Never accept lifts in cars or into homes on your own without prior consent from your parent/carer.

BEHAVIOUR

- Never bring the good name and the reputation of the club into disrepute.
- Do not ever carry or consume alcohol and/or illegal substances.
- Do not ever get involved in any inappropriate or illegal behaviour.
- Avoid swearing and abusive language and behaviour that is dangerous to you or others.
- Never take part in acts of violence, bullying, harassment and physical/sexual abuse.