



## **Athletes Code**

### **Code of Conduct for Children and Young Athletes**

Sport should be safe, fun and conducted in a spirit of fair play

As a child or young person you are entitled to the best possible environment to participate in sport. You deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. You have rights, which must be respected, and responsibilities that you must accept. You are encouraged to treat other athletes and team officials with fairness and respect.

### **You are entitled to:**

- Be safe and to feel safe.
- Be listened to.
- Be believed.
- Be treated with dignity, sensitivity, and respect.
- Have a voice in your club
- Participate on an equal basis
- Have fun and enjoy sport
- Experience competition at a level at which you feel comfortable
- Make complaints and have them dealt with
- Get help against bullies
- Say no
- To protect your body
- Confidentiality

**You should always:**

- Treat Sports Leaders with respect
- Act fairly at all times, do your best
- Respect other club members
- Respect opponents and be gracious in defeat
- Abide by the rules

**You should never:**

- Cheat
- Use violence or physical contact that is not allowed within the rules
- Shout or argue
- Cause harm or damage property
- Bully
- Take banned substances
- Tell lies
- Spread rumours

**Parent/Carer of participant**

I have read and accept the Code of Ethics & Good Practice for Children in Athletics.

Parents/Guardians Name: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency contact number(s): \_\_\_\_\_

**Young person**

I have read and accept the code of conduct as set out by Athletics Ireland

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**PORTLAOISE ATHLETIC CLUB**

***Executive Committee:***

***Actions to be completed***

***Chairperson Signature***

***Date:***