



City of Portsmouth Athletic Club

Athlete code of conduct

Unleash Your Inner Athlete.

As a responsible athlete, you will:

- Respect the rights, dignity, and worth of every athlete, coach, official, and all others involved in athletics, treating everyone equally.
- Uphold the values of sportsmanship both on and off the field.
- Cooperate fully with coaches, officials, team managers, medical professionals, and governing body representatives in the best interests of yourself and others.
- Promote positive aspects of the sport, such as fair play, and never condone cheating, rule violations, or the use of prohibited or age-inappropriate substances.
- Take responsibility for your own preparation, including being organised, having appropriate equipment, and arriving on time.
- Inform your coach of any additional coaching you are receiving.
- Show appreciation to coaches and officials who enable your participation in athletics.

When participating in or attending any athletics activities, including training and competition events, you will:

- Act with dignity, showing courtesy and good manners towards others.
- Refrain from swearing, abusive language, or irresponsible behaviour, including actions that could endanger yourself or others, violence, bullying, harassment, or abuse of any kind.
- Challenge inappropriate behaviour and language in others.
- Never engage in illegal or inappropriate conduct.
- Avoid destructive behaviour and ensure athletics venues are left as found.
- Not carry or consume alcohol or illegal substances.
- Avoid carrying items that could pose a danger to yourself or others, except for athletics equipment used in your activities.

Safeguarding Guidelines for Young Athletes and Vulnerable Adults

- Inform a responsible adult if you need to leave an event or session (where you are going, why, and when you will return).
- Do not share personal or private information unrelated to athletics.
- Maintain appropriate boundaries with coaches and officials—friendships should never cross into inappropriate relationships.
- Never accept lifts in cars or invitations into homes alone without the prior consent of a parent or carer.
- Use safe and approved transport or travel arrangements.
- Report any accidental injury, distressing incidents, misunderstandings, or misinterpretations to a parent, carer, or club welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other individuals involved in athletics to the club welfare officer immediately.



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Code of Conduct for Parents and Guardians of Athletes Under 18

As a parent or guardian, you play a vital role in supporting your child's athletic experience. You will:

- Encourage your child to enjoy athletics and take part for their own development, not just results or awards.
- Promote respect for coaches, officials, other athletes, and spectators.
- Ensure your child arrives on time, properly equipped, and prepared for training and competitions.
- Support a positive sports environment by applauding effort and fair play, not just success.
- Refrain from criticising or undermining officials, coaches, or volunteers—address concerns through the appropriate channels.
- Respect the decisions made by coaches and officials, understanding that they act in the best interests of all athletes.
- Set a good example by behaving appropriately at all athletics events, avoiding aggressive or unsporting conduct.
- Encourage your child to report any concerns about their welfare to you or the club welfare officer.
- Ensure transport arrangements are safe and suitable for your child.
- Never pressure your child into training or competing beyond their ability or interest.

By following this Code of Conduct, parents and guardians help create a safe, supportive, and positive environment for young athletes to thrive.

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