

## Code of Conduct for Athletes

- Respect all other CAC members and those of other clubs from whatever background, and support CAC team members
- Respect all Officials of CAC & other clubs and accept their decisions as final and thank them for helping you to be able to compete.
- If however you feel you have suffered from an incorrect interpretation of the rules, keep cool and discuss it with coach, team manager, and official.
- Make yourself aware of the rules of your event &/or that of the particular venue & follow them throughout
- Respect opponents, they are your partners in athletics. Help people. Treat others as you would like them to treat you. Be modest as a winner and gracious in defeat
- Show loyalty to athletics and all the participants.
- Keep high standards of fair play, do your best and have fun.
- All forms of bad behaviour to fellow athletes/officials/venues & equipment, bad language, inappropriate gestures and bullying are not acceptable. Any cases of not following this may well result in disciplinary action by CAC. See CAC Disciplinary procedures (on our website).
- Be punctual for training & competitions- if this is not possible, ensure your Coach or Team Manager is aware of lateness or absence.
- Pay all your membership fees, weekly training and competition entry fees on time. Failure to pay CAC membership fees will mean you are not affiliated to the governing body of the sport & are therefore unable to compete.
- Wear suitable kit for the activity & CAC vest in the case of competitions.
- Make sure your CAC Coach & Team Manager are aware of any medical conditions you have, as mentioned on your CAC membership form and of any prescribed drugs that might fall in the UKA drugs list which may need declaring eg. See UKA Inhaler declaration form. It is your responsibility as an athlete or parent / carer in case of young athlete, to check that medically prescribed drugs are not in breach of UKA rules See UKA website.
- If you find you are suffering from a new medical condition, it is important that you share this information with your coach- as it could affect your training & the effect of training upon the condition. The same applies to new prescribed drugs or just feeling ill / off colour.
- CAC has a 'Plaster Policy' as mentioned on your membership form, which means in the case of a minor cut or graze a plaster may well be used to cover it after treatment to protect / help prevent infection. If you are allergic to plasters make sure the First Aider treating you is made aware of this fact, so alternatives can be used.
- In the event of changes to your contact details make sure CAC is informed straight away.
- In case of young athletes:- not to spread rumours, untruths regarding other club members, or keep secrets about any person who may have caused them or other CAC young people harm. NB. Mandy Sinden and Simon Vage are the CAC Welfare Secretaries.
- Be a role model & good ambassador for CAC in training & competition.