

BOURNEMOUTH ATHLETIC CLUB

Founded 1906

bournemouthathleticclub.co.uk
tracksec@bmthac.freereserve.co.uk



Dear parent/carer and athlete

Bournemouth AC is committed to providing a fun and safe environment and leaving the athletes with a positive and rewarding experience. To help us achieve this outcome we have a code of conduct for coaches and a code of ethics and behaviour (see overleaf) for athletes, which has been formulated with the input of children. You will also be given a separate pocket guide that explains how a coach should treat an athlete with more information on how to raise concerns or complaints.

The vast majority of children will behave responsibly all the time but occasionally there will be unacceptable behaviour such as playful banter getting out of hand and turning into verbal insults. Then there is the possibility of pushing and shoving becoming more aggressive and someone getting hurt. When these situations arise:

- The coaches have to spend a lot of time and energy on keeping some kind of control
- Time is wasted instead of providing valuable coaching opportunities
- The session is spoiled for those (the majority) who are behaving responsibly
- Coaches, who give up their free time willingly to run the sessions, become very frustrated and the quality of their coaching may be affected

The following sanctions will be applied for unacceptable behaviour considered minor -

- Children will be 'sin binned' for 5 minutes in an area away from other children for the first transgression
- Children will be 'sin binned' for 10 minutes for a second transgression
- Children will be excluded for the rest of the activity for a third transgression and excluded from the following week's session with the possibility of total exclusion should unacceptable behaviour be repeated. Parents and carers will be involved in discussions prior to this eventuality.

Parents and carers will be informed of their child being sin binned and the reasons why it happened

N.B. Press ups, laps of the track or other punishment of this kind are not considered a suitable response to dealing with unacceptable behaviour.

Serious incidents such as stealing and fighting will result in children being excluded from the whole of the session and parents/carers being involved in discussions on future attendance.

Junior Development Committee



CODE OF ETHICS AND BEHAVIOUR FOR YOUNG PEOPLE ENGAGED IN ATHLETICS ACTIVITIES

I will:

- have fun
- try hard to keep safe and encourage others to enjoy sporting activities safely and responsibly
- do my best to treat everyone with respect and value the help that others give me
- use equipment for the purpose for which it is intended and I will remember that others may also need to use it
- listen carefully to those who coach me and act as directed
- act fairly and never deliberately cheat or try to be dishonest
- show good sportsmanship to fellow team members and opponents and remember to thank officials at the end of competitions
- verbally encourage other participants in a positive manner
- take responsibility for ensuring that I wear the proper clothing for the weather conditions and take plenty of water to prevent dehydration
- arrive on time for training or competitions and pay any fees for training or events promptly

I will not:

- have fun at the expense of affecting the safety of others
- bully other participants either by myself or as part of a group
- keep quiet about bullying that I see or anything else that could make another sports person unhappy
- swear at or insult the coaches or other participants
- laugh at or embarrass other participants
- argue with the officials
- smoke, consume alcohol or drugs of any kind

The following examples constitute unacceptable behaviour by children, but is not an exhaustive list

- disrupting sessions/activities
- using inappropriate language
- abusing or disrespecting other participants and or officials
- stealing or deliberately damaging equipment or belongings
- bullying
 - physically: pushing, hitting, kicking, pinching, etc,
 - verbally: name-calling, spreading rumours, constant teasing and sarcasm,
 - emotionally: tormenting, ridiculing, humiliating and ignoring,
 - racially: taunts, graffiti and gestures,
 - sexually: unwanted physical contact or abuse
 - electronically: texting, e-mails and blogs