



## Guidelines for Children

Children have a great deal to gain from athletics in terms of their personal development and enjoyment. The promotion of good practice in athletics will depend on the co-operation of all involved, including child members of clubs. Children must be encouraged to realise that they also have responsibilities to treat other children and Leaders with fairness and respect.

Children in sport are entitled to:

- Be listened to
- Be believed
- Be safe and to feel safe
- Participate in activities on an equal basis, appropriate to their ability and stage of development
- Be treated with dignity, sensitivity and respect
- Be happy, have fun and enjoy athletics
- Experience competition at a level at which they feel comfortable and the desire to win as a positive and healthy outcome for striving for best performance
- Comment and make suggestions in a constructive manner
- Make a complaint in an appropriate way and have it dealt with through an effective complaints procedure
- Be afforded appropriate confidentiality
- Be represented at meetings within their club
- Have a voice in the running of their club
- Approach the Children's Officer/Designated Person with any questions or concerns they may have

Children should undertake to:

- Play fairly, do their best and have fun
- Shake hands before and after the event, whoever wins - and mean it
- Respect officials and accept their decisions with grace, not a grudge
- Respect fellow club members; give them full support both when they do well and when things go wrong
- Respect opponents, they are not enemies, they are partners in a sporting event
- Give opponents a hand if they are injured or have problems with equipment
- Accept apologies from opponents when they are offered
- Exercise self-control and tolerance for others, even if others do not
- Be modest in victory and be gracious in defeat
- Show appropriate loyalty to athletics and all its participants
- Make high standards of fair play the example others want to follow

Children should not:

- Cheat
- Use violence
- Shout at, or argue with, officials, club mates or opponents
- Take banned substances to improve performance
- Bully or use bullying tactics to isolate another child
- Use unfair or bullying tactics to gain advantage
- Harm club mates, opponents or their property
- Tell lies about adults or other children
- Spread rumours
- Keep secrets about any person who may have caused them harm

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Parents please note: The club is at all times concerned for the welfare of your children. In return athletes are expected to obey instructions from their coaches and refrain from behaviour that is either unsociable or likely to cause injury to themselves or others. For safety reasons athletes must wear bright clothing at night/winter training sessions and a reflective strip.