

## **NORTHOWRAM PUMAS RUNNING CLUB (NPRC)**

### **Junior Pumas Code of Conduct**

#### **As a Junior Puma you will:**

- Respect the rights, dignity and worth of every athlete, coach, coaching assistant, parent helper and anyone else involved within the club or present at any club attended event
- Treat everyone equally
- Cooperate fully with others involved in the running club such as coaches, coaching assistants, adult helpers in the best interests of the yourself and other athletes
- Anticipate and be responsible for your own needs including being organised, being on time and dressing appropriately.
- Always thank the coaches and helpers who enable you to participate in the running club
- Act with dignity and display courtesy and good manners towards others
- Not use swearing and abusive language or behave irresponsibly including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Notify a responsible adult if you have to go somewhere (why and where)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or coaching assistant
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible