

## Safeguarding Code of Conduct for Atletismo Sudamericano

### Code of Conduct

#### General Principles

This Code of Conduct is a clear statement of the commitment by Atletismo Sudamericano to everyone involved in athletics in the region in relation to Atletismo Sudamericano's values, expected standards of behavior and integrity of the staff, coaches, all other athlete support staff, officials, volunteers and all those associated with athletics including those running Atletismo Sudamericano.

The following principles apply to everyone associated with athletics:

- Respect everyone, value everyone's worth and treat everyone with dignity. Celebrate difference and promote inclusion. Treat everyone equally and avoid having "favorites".
- Discrimination against anyone on the basis of race, color, gender identity, sexual orientation, age, disability, religion, ethnicity, marital status, beliefs or socioeconomic status is unacceptable and will not be tolerated.
- Co-operate with everyone involved in athletics and promote an environment free from abuse, harassment, and exploitation.
- Zero tolerance of the use of any prohibited substance to enhance performance. Promote clean competition and report any suspected prohibited drug use to the appropriate authority.
- Listen to those reporting concerns and report those concerns, misconduct or injuries to the appropriate person swiftly.
- Comply with Atletismo Sudamericano's safeguarding policy and other rules and policies of the Area.
- Lead by example, behave appropriately and be a good role model.
- Challenge those who do not obey the rules or behave inappropriately.
- Listen courteously to those who are teaching, coaching or providing advice, support or guidance.
- Smoking and consuming alcohol should be avoided when attending athletics events, particularly when responsible for U18s or supporting athletes professionally.
- Be responsible for one's own behavior, conduct and actions. Be punctual, well prepared and correctly equipped.
- Follow the instructions of coaches (by which we mean all athlete support staff), officials, managers and other volunteers.
- Be appreciative of everyone's time, effort and skills. Encourage and support everyone's athletic endeavors.

#### Coaches and other athlete support staff

- Be appropriately qualified with any background criminal or police checks or other recruitment requirements completed.
- Coaching should always be age appropriate and meet the needs of the athlete in terms of experience and ability.
- There must always be a suitable number of coaches, appropriate to the number and age of athletes involved, in a training session or event.
- An intimate relationship between a coach (or any other athlete support staff or adult) and an athlete under the age of 18 may be illegal and should never be allowed to develop.
- It is strongly recommended that coaches and officials are not allowed to develop intimate relationships between themselves and/or athletes.

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- Strict boundaries between a coach and an athlete should be maintained; if this boundary is allowed to blur it causes difficulties for both individuals as well as teammates and others in the community.
- Avoid being alone with an athlete under the age of 18; do not take them in a car on their own; do not take them to a coach's home; do not share a bedroom with anyone under the age of 18. It is generally not appropriate for a coach to share a bedroom with an athlete, and this should be avoided.
- Ensure equipment is properly maintained and that athletes are aware of their responsibility for ensuring their own safety. Make sure athletes are taught how to manage dangerous athletics equipment and always follow equipment safety rules.
- Make sure athletes understand the expectations coaches have of them as well as what they, as athletes, can expect to receive from coaches.
- If a coach is asked by an athlete, who is already being coached by someone else, to provide further coaching, it is correct to contact that coach to discuss the matter.
- Encourage good working relationships based on mutual respect and trust with all athletes.
- Avoid being critical, demeaning or sarcastic or acting in a way which might humiliate an athlete or affect an athlete's self-esteem.

### Athletes

- Maintain strict relationship boundaries with a coach or any other adult associated with athletics. It is not appropriate to allow a relationship to develop between a coach or an official (or indeed any other athlete support staff) and an athlete.
- Always report any concerns, injuries, misconduct or distress to the appropriate person in the club or to a parent or carer.
- Be aware of how to handle dangerous athletics equipment.
- Keep coaches informed if it is necessary to leave an athletics training session or event before it is completed.
- Know the rules of competition, follow them, play fairly and pursue athletic excellence.
- Uphold the values of sportsmanship - fairness, respect and generosity towards others - on and off the field of play.