

Values , Role & Responsibilities and code of conduct of coaches , athletes , parents and volunteers of Athletes Academy – Boland registered Athletics Club

The values of Athlete 's Academy are :

Joy of Effort,
Fair Play,
Respect for Others;
Pursuit of excellence;
and balance between body, will and mind.

All coaches, athletes, parents and volunteers are expected to:

- Behave in a manner that is respectful and courteous to others
- Refrain from the use of demeaning or belittling language
- Refrain from the use of abusive or confrontational approaches to athletes, coaches, meet officials, or parents
- Work in a spirit of cooperation
- Act in a manner that will bring commendation to Athletes Academy, it's members and themselves
- Bring any concerns to the attention of your coach, or if needed, a member of the Board in order to facilitate resolution

All Athletes Academy member athletes are expected to:

- Comply at all times with the bylaws, policies, rules and regulations of World Athletics, Athletics South Africa and Boland Athletics.
- Participate in a spirit of fair play and honesty.
- Abide by the laws of the jurisdiction of the province or country in which the event is taking place.
- Act in a manner that will bring credit to Athletes Academy and themselves.
- Arrive at practices and meets at the times designated by their respective coaches.
- Know their training schedules.
- Arrive with all equipment present and in good working order.
- Know their best times for their events.
- Be attentive to their coaches and to follow coaching directives and suggestions.
- Display a positive and consistent work ethic.

- Display a positive and respectful attitude, and behaviour, toward other athletes, parents, coaches and officials.
- Participate in club activities.
- During Club events, functions and meetings and whenever they appear in a representative capacity for the Club, whether it be an official race or elsewhere, conduct himself or herself in such a manner so as to not bring the Club or its members into disrepute or otherwise to cause embarrassment to the Club or any of its members;
- Behave in such a manner so as to ensure their own safety and others while running or participating in events by, for example, wearing reflective gear when running after dusk or before dawn, abiding by the relevant road traffic laws and by running facing towards oncoming traffic in a manner so not to impede other road users;
- Wear the full official club kit (vest/crop top/t-shirt and black shorts/race gear) to all Athletics South Africa (“ASA”) affiliated events where the member represent the club;
Wear an ASA licence on the front and back of the club vest at all ASA affiliated races;
- Not run in other members or runner’s race numbers without following proper substitution rules for all respective races;
- Commit to participating in the races which they enter;
- Obey the instructions of race marshals and traffic officials, be respectful to members of other running clubs and the general public;
- Refrain from any form of harassment, violence or abuse of any Club member;
- Not make any public or media statements relating to the affairs of the Club (Athletes Academy) in any way whatsoever, unless permission to do so is granted by the management;

The philosophy of the Code of Conduct has built into it the elimination of cheating, verbal violence, doping, exploitation, unequal opportunities and corruption.

Any member alleged to have contravened the Code of Conduct shall face disciplinary action, which shall include a hearing which the member in question will be invited to attend and which shall be presided over by the Chairman of the Club and two other members of the Club appointed by the management of the Club.

Disciplinary action may include a warning, a suspension or expulsion from the Club.

I have read and understand the Code of Conduct.

Member Signature

Date