

## **Code of conduct and behaviour for young people engaged in sporting activities**

As a young person involved in sporting activities, I recognise that I should set a good example for all people involved in any sports activities and

### **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
- listen carefully to those who coach me and act as directed
- act fairly, by the rules 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 bring plenty of water to prevent dehydration
- arrive on time for training or competitions and pay any fees for training or events promptly
- inform the coach or teacher of any medical conditions or injuries

### **I will not:**

- have fun at the expense of affecting the safety of others
- disrupt sessions/activities
- 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 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

N.B. The following examples constitute bullying behaviour by children but is not an exhaustive list;

- **physically:** pushing, hitting, kicking, pinching, spitting
- **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, sexting cyber bullying through texting, e-mails and social media

- stealing, hiding or deliberately damaging other people's belongings or equipment

**Are you worried because;**

- a member of your team is bullying you
  - your coach is bullying you
  - another adult in the club is bullying you
  - one of the coaches or club volunteers is threatening you
  - an adult is making you do things which you know are wrong
  - someone is touching you and making you feel uncomfortable
  - someone is constantly teasing you, shouting at you or kicking and punching you
  - someone is acting in a way which makes you feel lonely, upset, unsafe or embarrassed
- If the answer is YES, don't keep it to yourself but ask for help.

All good sports clubs will have coaches who have been trained in child protection and should be treating you appropriately and can respond to your concerns. The club should also have a Welfare Officer who has been trained to help and your school will also have an Education Welfare Officer

If you feel there isn't someone you can talk to face to face, call Childline on 0800 1111. It is a free and confidential helpline, and you don't need to tell them who you are if you don't wish to

Alternatively, you can contact the Active Dorset Child Protection Officer on 01202 539380.

***The Welfare Officer at your club is:***

***Contact number:***