

RYTON TRI KIDS ATHLETES CODE OF CONDUCT

Ryton Tri Kids Code of Conduct is in place to ensure that every junior club member is protected from any form of bullying, harassment or unpleasant behaviour. This code is in line with the Adult member code of conduct in place within the club and is intended to ensure our junior members get the most from their training and competitions without any adverse impact from the behaviour or actions of other members.

RYTON TRIATHLON KIDS CLUB is fully committed to safeguarding and promoting the wellbeing of all its members. If parents/carers/athletes have any concerns they can approach any of the Coaching Team, the Junior Welfare Officer, Janet Robinson or the Junior Club Secretary, Beth Swanston.

The rules outlined below apply to all our Junior Members at all times when attending club sessions or when representing the club at competitions or other sporting events. The rules cover how we expect our junior members to behave towards one another, coaches, officials, volunteers and/or staff employed at the venues where we train or compete.

GENERAL BEHAVIOUR

Ryton Tri Kids expect all our junior members to:

- Treat all members of, and persons associated with, Ryton Triathlon and British Triathlon Foundation with dignity and respect.
- Treat everyone equally and never discriminate against another person on any grounds including that of age, sexual orientation, gender, faith, ethnic origin, nationality or ability.
- Understand that using inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action up to and including expulsion from the club.
- Display a high standard of behaviour at all times in training, competition and whenever representing the club.
- Report any poor behaviour by others to an appropriate officer/coach/volunteer of the club
- Recognise and celebrate the good performance and success of fellow club and team members.
- Respect the privacy of others, especially in the use of changing facilities.
- Not to use cameras or mobile phones when it would be inappropriate to do so
- Not to interfere with anyone else's kit or personal belongings
- To wear suitable kit for training. Club kit is NOT compulsory but the following items are COMPULSORY for all athletes:

Appropriate clothing/footwear

Drinks bottle

Race Belt

Swim Cap & goggles

Cycle Helmet

Elastic laces or Velcro shoes

- It is recommended that jewellery and watches (including sports watches) are removed prior to each session
- Junior members are not allowed to smoke/vape at training sessions or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind at training sessions or whilst representing the club.
- Bullying of any sort will not be tolerated.

TRAINING

Ryton Tri Kids expect all our junior members to:

- Treat coaches and fellow members with respect.
- Arrive in good time before the training session starts and behave appropriately and safely before the session begins.
- Ensure they have all of their equipment as appropriate for the session
- Inform the coach if leaving a session for example for a comfort break
- Listen to the coach at all times and follow any instructions given.
- Think about what they are doing during training, and if they have any problems, discuss with the coach at an appropriate time.
- Be respectful of others and not allow their own behaviour to have a negative impact on the training session for other people
- Listen to the rules for each session/activity/drill as set out by the coach – they are there to keep the session fun, safe and inclusive. Don't cut corners, don't miss out sections and DO NOT cheat.
- Specific expectations for swim session are set out in Annex A of this document

COMPETITIONS

Ryton Tri Kids expect all our junior members to:

- Compete within the rules and respect officials and their decisions
- Observe any entry criteria for competitions e.g. gear restrictions in cycle events
- Behave in a manner that shows respect for our club and other competitors at the event
- Support fellow competitors appropriately

What will happen if a junior member does not observe our Code of Conduct?

If coaches feel a junior member has not complied with the standards expected of them they will take a staged approach as follows:

- Coach to speak to the child during the session, or whenever convenient, and remind them of the standards expected
- If a child continues to misbehave or disrupt a session they may be asked to stand/sit to one side for a short period of time (possibly with parents if necessary/practicable)

- If the behaviour is repeated at a later session the Coach or the Club Welfare Officer will speak to parent/carer and make suggestions for improvement. The Club may ask that a parent is present at future sessions until the behaviour improves for a sustained period of time
- In extreme circumstances of repeated poor behaviour the junior member may be asked to leave the club

Annex A – Behaviour during swim sessions

Not all our children come from a swimming club background and because there are some safety issues involved with conducting a group swimming session with a large volume of children of variable ability, we have outlined a number of guidelines that we would appreciate parents of children attending the session to understand and pass on to your children to follow within each session.

- Always listen to the coach for instruction or guidance before each part of the session.
- Swimmers should only enter the pool when directed by the coach and slide in safely at all times unless instructed otherwise
- Do not run poolside at any time and observe the rules of the swim venue at all times
- If you are asked to conduct a drill, then carry out this drill to the best of your ability.
- Swim in order of ability and leave a 5 second gap between you and the swimmer ahead unless instructed to do so.
- Some sessions will require swimming on feet but only when instructed.
- Swim in the direction allocated and stay to the side of the lane instructed (not up the middle of the lane) to reduce the risk of head to head collision.
- Change lanes if necessary or whenever asked to do so by the coach.
- Swimmers are put into lanes according to ability and may need to move up or down depending on those attending.
- If you need to overtake, tap the swimmer in front on the foot. At the end of the lane they should wait for you to swim past. But make your intention clear. The swimmer in front may reasonably assume that you just got too close.
- If somebody taps on your foot to overtake, finish the length you are swimming and be prepared at the end of the lane to stay aside (in the corner of the lane) to allow a swimmer to pass you. Stay on the side you came from, not where you'd be going (so when swimming in a clockwise direction, you will wait on the left side, as people will make a turn at the right side).
- If you stop at the end of the lane, wait for a large enough space to continue, usually a 5 sec gap.
- Do not set off just as another swimmer is coming in to the end of the lane to turn.
- When you finish the set distance move to the right (if swimming clockwise, left if anti-clockwise) to allow swimmers behind a good finish at the wall.
- ALWAYS swim to the end of the pool – don't stop or turn before the wall – and if people are in your way then remind them, politely, to make room.
- Swim the stroke requested by the coach and don't swim a different stroke to everyone else (unless choice of stroke has been agreed by the coach).
- Do not skip lengths or sets unless it is necessary to do so
- If you are new to club swimming, please start at the back of your allocated lane – you can always work your way up in time.
- Remember to listen to advice from more experienced swimmers.
- Swim pace will be advised by the coach so listen for instruction and adhere to the pace requested by the coach.
- Remember swim training is not about swimming the fastest you can on every length but adapting technique, pace and volume over a period of weeks and months.
- Be patient, listen, learn and develop all in good time.
- Be safe and have fun