



Hercules Wimbledon Athletic Club

SAFEGUARDING AND CODES OF CONDUCT

The UK Athletics (UKA) and the Home Country Athletics Federations (HCAF) Codes of Conduct set out national standards of conduct for all clubs, coaches, officials, volunteers and athletes in the sport.

The 2021 revised codes take account of developments in national policy, guidance and practice.

Every club committee has a responsibility to implement and communicate codes of conduct, as well as relevant policies and processes which link to the codes.

The purpose of the codes is to clarify:

- what behaviours are acceptable and unacceptable
- the standards of practice expected
- the basis for challenging and improving practice

The codes are therefore a guide for individuals and clubs to think about, and monitor, how they, and others, conduct themselves in their roles.

The codes let everyone know what they can expect from the club, coaches and volunteers, but also what standard of behaviour is expected from club members, athletes and parents/carers.

For all clubs, the codes are an important part of monitoring and improving the behaviour and practice of its members.

The Club has adopted the The UKA and HCAF codes and procedures for Safeguarding and the Codes of Conduct for the following roles within the Club:

- Coaches
- Senior Athletes
- Children and Young People (under 18)
- Parents and Carers
- Technical Officials
- Volunteers

SAFEGUARDING

UK Athletics, the four Home Country Athletics Federations (HCAFs) and all affiliated clubs and organisations have a responsibility to protect those participating in our sport from harm, abuse and exploitation, and safeguard their wellbeing.

Hercules Wimbledon AC subscribes to the belief of UK Athletics and the HCAFs that everyone has the right to live free from abuse or neglect, regardless of age, ability, disability, sex, race, religion, ethnic origin, sexual orientation, marital or gender status.

We acknowledge that safeguarding is everybody's responsibility and we are committed to creating and maintaining a safe and positive environment and an open, listening culture where people feel able to share concerns without fear of retribution.

Hercules Wimbledon AC has adopted the following:

- The UKA and HCAF [Child Safeguarding Policy](#) and Child Safeguarding Procedures
- The UKA and HCAF [Adult Safeguarding Policy](#) and Adult Safeguarding Procedures
- The UKA and HCAF Codes of Conduct (below)
- The UKA and HCAF procedures for managing safeguarding concerns

- **The Club has appointed a minimum of one Welfare Officer** (two) in line with UKA guidelines and role description for Club Welfare Officers and has a disciplinary process for managing misconduct cases

As an affiliated Club, Hercules Wimbledon AC will:

- ensure that all coaches and volunteers are recruited safely and are operating appropriately within the club environment (i.e. that they hold appropriate up-to-date qualifications and licences, have undertaken a satisfactory criminal record check, and are adhering to the safeguarding policies, terms and conditions of their licence and the relevant codes of conduct)
- ensure that coaches, technical officials and club officers attend recommended safeguarding training every three years
- ensure that the online process requires new members to agree and sign up to the Codes of Conduct
- liaise appropriately with parents/carers, officials, coaches, UKA, the relevant HCAF and other relevant people/organisations to ensure that good practice is maintained
- maintain a register of safeguarding training attended and criminal record checks completed relevant to club members, and share this register with the HCAF when asked
- ensure that contact details for Club Welfare Officers and relevant agencies are openly displayed in club environs and on club websites, and made available to anyone who requires them
- ensure that club officers and volunteers act responsibly and set an example to others, especially younger members
- respect the rights, dignity and worth of every club member and others involved in athletics
- develop an environment that promotes the wellbeing and safety of athletes above other considerations, including the development of performance
- consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- accept that all office bearers and committee members have a responsibility for safeguarding children's wellbeing and protecting them from harm, and are prepared to respond to any concerns of abuse or poor practice
- challenge and change poor practice
- implement any recommendations of UK Athletics or the relevant HCAF

- promote an environment where all concerns can be raised without fear of victimisation or reprisal
- ensure that everyone volunteering or working with children or adults at risk at their club attends relevant safeguarding training every three years.

ROLE AND RESPONSIBILITIES OF THE WELFARE OFFICER

The club's chief welfare officer is [Vikki Filsell](#) 07903 518635

The role of the welfare officer, with the support of the Club committee is to:

- implement effective Child and Adult Safeguarding Policies and Procedures and keep them up to date
- report to the Club's Committee on safeguarding matters and promote good practice
- respond appropriately to safeguarding concerns and deal with sensitive situations with empathy and integrity
- ensure that coaches, officials, volunteers, parents/carers, adults and children are aware of how to report a concern
- understand the importance of confidentiality and when information may need to be shared in order to protect the best interests of a child or an adult at risk
- in consultation with the Club's Committee and in line with the Club's disciplinary procedures, deal effectively with breaches of the codes of conduct, poor practice, or allegations of abuse.
- maintain confidential records of reported safeguarding concerns and action taken
- liaise with the HCAF Welfare Officer and/or statutory agencies if/when required.

CODE OF CONDUCT: COACHES

Coaches play a crucial role in the development of athletics and in the lives of the athletes they coach. They have a unique position of trust in athletics and the need for coaches to understand and act on their responsibilities is vital, as is the need to promote participation for fun and enjoyment.

The code of conduct for coaches reflects the principles of good coaching practice:

Responsibilities – Professional Standards

To maximise the benefits and minimise the risks to athletes, coaches must attain an appropriate level of competence through qualifications, and a commitment to ongoing training to ensure safe and correct practice.

Responsibilities – Personal Standards

Coaches must demonstrate proper personal behaviour and conduct at all times.

Rights

Coaches must respect and champion the rights of every individual to participate in sport and physical activity.

Relationships

Coaches must develop a positive relationship with their participants (and others) based on openness, honesty, mutual trust and respect.

1. Responsibilities – professional standards

As a responsible athletics coach, I will:

- 1.1** abide by the terms of my UKA coaching licence
- 1.2** abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- 1.3** abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- 1.4** keep my professional knowledge and skills up to date, be appropriately qualified for the activities I lead, and renew my coach licence as and when required by UKA
- 1.5** ensure I have obtained an acceptable criminal record check (DBS/Disclosure Scotland/Access NI) (a licence will not be issued to anyone who does not have

an acceptable criminal records certificate or who refuses to share the certificate with UKA/the HCAF when required)

- 1.6** ensure that activities I direct, or guide, are appropriate for the age, maturity, experience and ability of the individual athlete
- 1.7** be aware of the current national and international regulations on anti-doping in sport. I will not assist, support or ignore practices, policies or procedures that contravene national or international anti-doping regulations
- 1.8** never try to recruit, either overtly or covertly, athletes who are already receiving coaching. (If approached by an athlete receiving coaching, refer them immediately to the coach currently providing coaching support)
- 1.9** in circumstances where I need to demonstrate a technique through physical contact, always provide an explanation and seek consent before touching the athlete (never touch an athlete aged under 18 to demonstrate a technique without another adult being present)
- 1.10** observe the recommended national guidance on coach/athlete ratios
- 1.11** cooperate fully with others involved in the sport such as technical officials, team managers, other coaches, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete.

2. Responsibilities – personal standards

As a responsible athletics coach, I will:

- 2.1** consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or adopt or encourage the use of prohibited or age-inappropriate substances or techniques
- 2.2** never engage in the massage of an athlete under the age of 18 years. I understand that I require an up-to-date and recognised qualification in sports massage or another relevant qualification from a recognised body or authority to engage in the massage of an athlete over 18 years
- 2.3** follow the relevant guidance for coaches on social media use and not post on social media any content which is inappropriate or offensive
- 2.4** be aware that my attitude and behaviour directly affects the behaviour of athletes under my supervision
- 2.5** avoid swearing, abusive language and irresponsible or illegal behaviour, including behaviour that is dangerous to me or others, acts of violence, bullying, harassment, and physical and sexual abuse
- 2.6** avoid destructive behaviour and leave athletics venues as I find them
- 2.7** not carry or consume alcohol or illegal substances while coaching or attending events directly linked to coaching

- 2.8** avoid carrying any items that could be dangerous to me or others, excluding athletics equipment used in the course of my athletics activity
- 2.9** challenge inappropriate behaviour and language by others and report any suspected misconduct by other coaches or other people involved in athletics to the club, HCAF/UKA Safeguarding Team as soon as possible
- 2.10** act ethically, professionally and with integrity, and take responsibility for your actions.

3. Rights

As a responsible athletics coach, I will:

- 3.1** provide coaching services without discrimination on grounds of age, gender, sexual, cultural, ethnic, disability or religious preference
- 3.2** respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability
- 3.3** make the athlete's health and welfare my primary and overriding concern
- 3.4** respect the athlete's right to self-determination when deciding who they are coached by
- 3.5** respect the right of all athletes to an independent life outside of athletics
- 3.6** report any accidental injury, distress, misunderstanding or misinterpretation to the parents/ carers and Club Welfare Officer as soon as possible
- 3.7** never exert undue influence to obtain personal benefit or reward
- 3.8** in no way undermine, put down or belittle other coaches or practitioners, or allow those behaviours to exist within the athletes and groups that I lead / manage – including those behaviours towards other athletes or groups of athletes.

4. Relationships

As a responsible athletics coach, I will:

- 4.1** at the outset, clarify with athletes (and where appropriate, with parents or carers) exactly what it is that is expected of them and what athletes are entitled to expect from me
- 4.2** develop healthy and appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or who are adults at risk
- 4.3** never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-

verbal communication) with an athlete under 18 years of age. A violation of this code may result in a coach licence being permanently withdrawn

- 4.4** never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with an athlete who is an adult at risk coached by me or under my supervision. A violation of this code may result in a coach licence being permanently withdrawn
- 4.5** not use my position as a licensed coach to incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with athletes I coach who are aged over 18 years. In certain circumstances a violation of this code may result in a coach licence being permanently withdrawn
- 4.6** avoid spending time alone with young athletes (under 18) unless clearly in the view of other adults
- 4.7** ensure that parents/carers know and have given consent before taking a young athlete (under 18) away from the usual training venue
- 4.8** never take young athletes (under 18) alone in my vehicle
- 4.9** never invite a young athlete (under 18) alone into my home
- 4.10** never share a bedroom with a young athlete (under 18).

Breach of the code of conduct

I understand that if I do not follow the code, I may be in breach of the terms and conditions of my UKA licence and could be subject to disciplinary action and sanction by my club, Home Country Athletics Federation and/or UKA and that as a consequence of such disciplinary action the following sanctions may be imposed – I may:

- receive a verbal warning
- receive a written warning
- be monitored by another coach
- be required to attend supplementary training
- be suspended by the club/HCAF/UKA
- be required to leave or be dismissed by the club/HCAF/UKA
- have my UKA coaching licence withdrawn
- be referred to DBS/Disclosure Scotland/AccessNI.

3. CODE OF CONDUCT: SENIOR ATHLETES

As a responsible athlete, I will:

- abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- respect the rights of every athlete, coach, technical official and others involved in athletics and treat everyone equitably
- uphold the same sporting values away from sport as I do when I am engaged in athletics
- participate within the rules of the sport, respect decisions of coaches and officials, and demonstrate respect towards fellow athletes
- cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in my best interests and those of other athletes
- consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances
- anticipate and be responsible for my own needs, including being organised, having the appropriate equipment and being on time
- inform my coach of any other coaching that I am seeking or receiving
- act with dignity and display courtesy and good manners towards others
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- avoid swearing and abusive language whilst in athletic venues, at club functions and events, or when as part of a team/squad
- never engage in any inappropriate or illegal behaviour
- challenge and report inappropriate behaviour and language by others
- not misuse or abuse sporting equipment and venues
- not carry or consume alcohol or illegal substances while training or competing in athletics
- maintain strict boundaries between friendship and intimacy with a coach or official
- use safe transport or travel arrangements
- act ethically, professionally and with integrity, and take responsibility for my actions.

Breach of the Code of Conduct

I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended from the club
- be required to leave the club.

4. CODE OF CONDUCT: CHILDREN AND YOUNG PEOPLE

(under 18 years)

As a child or young person under 18 years, I have the right to:

- be safe and protected
- be listened to
- be respected and treated fairly
- be believed
- ask for help
- be coached by someone who has the right qualifications.

As a young athlete, I will respect the code of conduct and I will:

- be friendly and supportive to other athletes
- keep myself safe
- tell my coach if I am ill or injured
- report inappropriate behaviour or risky situations to an adult
- compete fairly and respect other athletes and officials
- respect the rules of my club
- behave and listen to all instructions from my coach and officials
- take care of equipment owned or provided by the club or training facility
- not use bad language or take part in inappropriate or illegal behaviour

- not bully anyone or pressure them to do things they do not want to, including online
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- keep to agreed timings for all club activities
- tell my parents/carers where I am or if I'm going to be late
- not use my mobile phone during training, competitions or in changing rooms
- not carry or consume alcohol or illegal substances while training or competing in athletics
- use safe transport or travel arrangements.

Breach of the Code of Conduct

I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended or required to leave the club.

Additionally, my club will always tell my parents/carers if I breach the code of conduct.

5. CODE OF CONDUCT: PARENTS/CARERS

As a responsible parent/carer of an athlete aged under 18, I will:

- abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- demonstrate respectful behaviour at all times
- set a good example and encourage my child to learn the rules of the sport and compete within them at all times
- help my child to recognise good performance and not just results

- make athletics fun
- never force my child to take part in sport if they do not want to
- never punish or belittle my child for losing or making mistakes
- use correct and appropriate language at all times
- check the qualifications and licences of people who are coaching or managing my child, or offering a service connected to athletics such as physiotherapy, massage or nutritional advice
- know exactly where my child will be and who they will be with at all times
- assume responsibility for safe transportation of my child to and from training and competition
- return any necessary written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before my child goes to any away events or trips
- provide any necessary medical information and medication that my child needs for training or trips away
- report any concerns about my child's (or any other child's) welfare to the Club Welfare Officer or National Welfare Officer. (This does not affect your right to contact your local Social Services or the Police if you feel it is necessary)
- in no way undermine, put down or belittle athletes, coaches or practitioners.

Good Spectator Behaviour

I understand that inappropriate pressure on children and poor behaviour of adult spectators can sometimes make children drop out of sport. I accept that this code promotes good spectator behaviour, and understand that if I verbally abuse children, coaches or officials, action will be taken.

Breach of the Code of Conduct

I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal or written warning from the club committee/HCAF
- be suspended from attending club training sessions and events
- be suspended from the club
- be required to leave the club.

6. CODE OF CONDUCT: TECHNICAL OFFICIALS

Officials play a vital role in the preparation and delivery of safe and high-quality athletics events.

The code of conduct for officials reflects the required standards of personal and professional conduct in that role.

Responsibilities – Professional Standards

To maximise the benefits and minimise the risks to participants, officials must attain an appropriate level of competence through qualifications, and a commitment to ongoing training to ensure safe and correct practice.

Responsibilities – Personal Standards

Officials must demonstrate proper personal behaviour and conduct at all times.

Rights

Officials must respect and champion the rights of every individual to participate safely in sport and physical activity.

Relationships

Officials must develop positive relationships with participants (and others) based on openness, honesty, mutual trust and respect.

1. Responsibilities – professional standards

As a responsible technical official, I will:

- 1.1** abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- 1.2** abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- 1.3** keep my professional knowledge and skills up to date, be appropriately qualified and renew my licence as and when required by UKA
- 1.4** work in a spirit of cooperation with other officials and not interfere with their responsibilities
- 1.5** offer guidance and support to less experienced officials whenever appropriate

- 1.6** report any accidental injury, distress, misunderstanding or misinterpretation to the parents/ carers and club/regional/national or UKA Safeguarding Officer as soon as possible
- 1.7** challenge and report any inappropriate behaviour or suspected misconduct by other technical officials, coaches or other people involved in athletics to a club (where relevant), HCAF or UKA as soon as possible.

1. Responsibilities – personal standards

As a responsible technical official, I will:

- 2.1** never smoke or consume alcohol whilst involved on officiating duties
- 2.2** be fully prepared for the officiating task that is assigned to me
- 2.3** dress appropriately and to the standard and nature of the competition, as outlined by the relevant officials' committee
- 2.4** arrive in good time for the competition and report to the official in charge
- 2.5** consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- 2.6** avoid swearing and critical, abusive language or irresponsible behaviour, including behaviour that is dangerous to me or others, acts of violence, bullying, harassment and physical and sexual abuse
- 2.7** avoid destructive behaviour and leave athletics venues as I find them
- 2.8** avoid carrying any items that could be dangerous to me or others, excluding athletics equipment used in the course of my athletics activity
- 2.9** always explain why and ask for consent before touching an athlete
- 2.10** work in same-sex pairs if supervising changing areas.

3. Rights

As a responsible technical official, I will:

- 3.1** respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally
- 3.2** officiate without discrimination on grounds of age, gender, sexual, cultural, ethnic, disability or religious preference

- 3.3** act with dignity and display courtesy and good manners towards others
- 3.4** in no way undermine, put down or belittle other officials, athletes, coaches or practitioners
- 3.5** ensure the welfare and safety of the athletes under my supervision
- 3.6** not exert undue influence to obtain personal benefit or reward
- 3.7** conduct the event in accordance with the rules and with due respect to the rights and welfare of the athletes.

4. Relationships

As a responsible technical official, I will:

- 4.1** clarify with athletes (and where appropriate, with parents or carers) exactly what it is that is expected of them and what athletes are entitled to expect from me as a technical official
- 4.2** encourage and guide athletes to accept responsibility for their own performance and behaviour
- 4.3** cooperate fully with others involved in the sport such as other technical officials, competition providers/organisers, team managers, coaches and representatives of the governing body in the provision of fair and equitable conditions for the conduct of athletics events under the relevant rules of competition
- 4.4** act in a decisive, objective but friendly manner in my interaction with other officials, athletes, coaches and spectators, and carry out my duties in an efficient and non-abrasive manner
- 4.5** develop healthy and appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or who are adults at risk
- 4.6** never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with an athlete under 18 years of age. A violation of this code may result in a technical official licence being permanently withdrawn
- 4.7** never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with an athlete who is an adult at risk. A violation of this code may result in a technical official licence being permanently withdrawn
- 4.8** not use my position as a technical official to incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with athletes who are aged

over 18 years. In certain circumstances a violation of this code may result in a technical official licence being permanently withdrawn

4.9 avoid spending time alone with young athletes (under 18) unless clearly in the view of other adults

4.10 never take young athletes (under 18) alone in my vehicle

4.11 never invite a young athlete (under 18) alone into my home

4.12 never share a bedroom with a young athlete (under 18).

(in relation to 4.10/4.11/4.12, the relationship of the official to the child will be a consideration in any referral).

Breach of the Code of Conduct

I understand that if I do not follow the code, the following sanctions may be taken by a club (where relevant), a Home Country Athletics Federation and/or UKA.

I may:

- receive receive a verbal warning
- receive a written warning
- be required to attend supplementary safeguarding training
- be suspended by a club (where relevant)/HCAF/UKA
- be required to leave or be dismissed by a club (where relevant) /HCAF/UKA
- have my UKA technical official's licence withdrawn
- be referred to DBS/Disclosure Scotland/AccessNI.

7. CODE OF CONDUCT: VOLUNTEERS

(excluding licensed coaches and technical officials)

Volunteers are the lifeblood of athletics and they play a crucial role in clubs and at events. Some volunteers will be more involved in a club or event than others and responsibilities will vary, but regardless of the role, there is a need for all volunteers to recognise and understand that there are shared standards of behaviour to which they must comply, and which are in place to protect all participants and promote participation for fun and enjoyment.

As a responsible volunteer, I will:

- abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- ensure that where my role requires, I have obtained an acceptable criminal record check (DBS/ Disclosure Scotland/Access NI) (Access to particular roles will be denied to anyone who does not have an acceptable criminal record check or who refuses to share the certificate with UKA or the HCAF when required)
- ensure that activities I arrange or support are appropriate for the age, maturity, experience and ability of the individuals involved
- cooperate fully with others involved in the sport such as coaches, technical officials, team managers and representatives of the governing body
- in no way undermine, put down or belittle other officials, athletes, coaches or practitioners
- consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or adopt or encourage the use of prohibited or age-inappropriate substances or techniques
- never engage in the massage of an athlete under the age of 18 years. I understand that I require an up-to-date and recognised qualification in sports massage or another relevant qualification from a recognised body or authority to engage in the massage of an athlete over 18 years
- follow the relevant guidance on social media use and not post on social media any content which is inappropriate or offensive
- avoid swearing, abusive language and irresponsible or illegal behaviour, including behaviour that is dangerous to me or others, acts of violence, bullying, harassment and physical and sexual abuse
- avoid destructive behaviour and leave athletics venues as I find them
- not carry or consume alcohol or illegal substances while volunteering in athletics
- avoid carrying any items that could be dangerous to me or others, excluding athletics equipment used in the course of my athletics activity
- challenge inappropriate behaviour and language by others and report any suspected misconduct by other coaches or other people involved in athletics to the club, HCAF/UKA Safeguarding Team as soon as possible
- volunteer my time without discrimination on grounds of age, gender, sexual, cultural, ethnic, disability or religious preference

- respect the rights, dignity and worth of every person and treat everyone equally, regardless of background or ability
- report any accidental injury, distress, misunderstanding or misinterpretation to the Club Welfare Officer as soon as possible
- never exert undue influence to obtain personal benefit or reward
- develop healthy and appropriate working relationships with athletes and other volunteers based on mutual trust and respect, especially with anyone under 18 years or who are adults at risk
- never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with anyone under 18 years of age
- never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with an athlete who is an adult at risk coached by me or under my supervision
- not use my position as a volunteer to incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with athletes under my supervision who are aged over 18 years
- avoid spending time alone with young athletes (under 18) unless clearly in the view of other adults
- never take young athletes (under 18) alone in my vehicle
- never invite a young athlete (under 18) alone into my home
- never share a bedroom with a young athlete (under 18).

Breach of the Code of Conduct

I understand that if I do not follow the code, I may be subject to disciplinary action and sanction by my club, HCAF and/or UKA.

I may:

- receive a verbal warning
- receive a written warning
- be required to attend training
- be suspended by the club/HCAF/UKA
- be required to leave or be dismissed by the club/HCAF/UKA.