



Swanley and District Athletic Club

Code of Conduct – for Athletes

- Arrive for training and events in good time to prepare thoroughly.
- Turn up with appropriate kit for the activity.
- Play for fun and enjoyment .
- Learn and participate by the rules.
- Do not argue with the officials and/or coach – use your energies for performing better.
- Recognise and applaud all good performances.
- Be a good sport – win with modesty, lose with dignity.
- Respect other people – treat them as you would wish to be treated.
- Co-operate with the coach, fellow athletes and opponents.
- Think about improving your skills after training and competition.
- Inform the coach of any injury as soon as possible.
- Inform the coach if you need to leave the site early.