

## ***Code of Conduct***

Ipswich Triathlon Club [The Club] expects a high standard of courteous and professional behaviour to be adopted both by its members and the athletes taking part in the events and training sessions it organises.

- Athletes should encourage others to achieve their own ambitions
- Athletes should not place themselves under any financial or other obligation to outside individuals or organisations that might seek to influence them in their performance
- Athletes are accountable for their decisions and actions and must submit themselves to whatever scrutiny is appropriate to their event
- Athletes should promote and support these principles by example and should act in a way that preserves public confidence in Ipswich Triathlon Club

As a member, volunteer or competitor I will:

- Respect the rights and dignity of everyone involved in triathlon, and treat everyone equally
- Uphold the same values of sportsmanship off the field as I do when engaged in competition
- Cooperate with anyone involved in sport in the best interests of other athletes and myself
- Consistently promote positive aspects of the sport, such as fair play and never condone rule violations or the use of banned or inappropriate substances
- Be responsible for my needs including being organised, having the right kit and being on time
- Always thank the coaches and officials who give up their time to enable me to participate

When participating in athletics activities, I will:

- Act with dignity and display courtesy and good manners towards others
- Not swear, use abusive language or use bad behaviour including acts of violence, bullying, harassment, physical and sexual abuse and spiting
- Challenge inappropriate behaviour and language by others
- Respect the venues used and will leave them as I find them
- Never carry or consume alcohol or illegal substances
- Never carry items that could be dangerous to myself or others

Failure to comply with this code of conduct will be addressed without delay and may ultimately result in dismissal and/or exclusion from the organisation and/or the events organised by the club.

Cheryl Holder  
Welfare Officer  
Ipswich Triathlon Club