

### **Club Name Code of Conduct – Coaches**

- Respect our athletes
- Demonstrate positive open communication between coaches, athletes, parents & officials
- Reprimand or confrontation with an athlete will be restricted to the athletic domain and administered tactfully without insulting or using a derogatory tone
- Reinforce CLUB NAME will follow all USATF rules
- Acknowledge and demonstrate good safety in practices and events
- Demonstrate respect and ethical conduct in interactions with officials, other coaches, opponents and all others in the athletic setting
- Exhibit self-control in disagreements and emotional situations
- Criticism of other coaches, officials or athletes is inappropriate
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Support volunteer opportunities provided by PA/USATF (e.g., volunteer support for NCAA Championships)
- Continually seek opportunities to improve skills as a T&F coach
- Do not smoke at practices or meets nor bring alcoholic beverages to any CLUB NAME sponsored events
- Foul language will not be tolerated
- Be honest
- Have fun!

### **Club Name Code of Conduct – Athletes**

- Arrive on time to practice and competitions
- Come prepared to practice by wearing proper shoes and attire; bring sweats in case the weather gets chilly; bring a towel or blanket to lay on during warm ups / cool down / ab workout
- Ensure that you are mentally ready to train
- Hydrate, eat nutritionally and get plenty of sleep prior to practice and competitions
- Follow all USATF rules
- Acknowledge and demonstrate good safety in practices and events
- Demonstrate positive open communication between coaches, athletes, parents & officials
- Positively support CLUB NAME members at practice and in competition
- No gossiping or slandering others on the team
- Respect the CLUB NAME coaching staff, CLUB NAME team members, officials, other coaches and opponents
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Support volunteer opportunities provided by PA/USATF (e.g., volunteer support for NCAA Championships)

- Strive not only to be the best athlete but also the best student; keep your grades up
- Do not smoke at practices or meets nor bring alcoholic beverages to any CLUB NAME sponsored events
- Foul language will not be tolerated
- Be honest
- Have fun!

<b>Club Name Code of Conduct – Parents</b>
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- Ensure your athletes arrive on time to practice and competitions
- Allow enough time to stay and support **all** CLUB NAME team members at competitions
- Provide water, nutritional food and a quiet place to sleep for your athlete
- Demonstrate positive open communication between coaches, athletes, parents & officials
- No gossiping or slandering others on the team
- Respect the CLUB NAME coaching staff, CLUB NAME team members, officials, other coaches and opponents
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Support volunteer opportunities provided by PA/USATF (e.g., volunteer support for NCAA Championships)
- Do not smoke at practices or meets nor bring alcoholic beverages to any CLUB NAME sponsored events
- Foul language will not be tolerated
- Be honest
- Have fun!

<b>Pacific Association USATF Code of Conduct</b>
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- Code of Conduct will be read before all meets, during all meets, and at the end of meets
- Code of Conduct will be included in all meet materials
- Code of Conduct will be given to spectators and posted at all meet sites

We, the PACIFIC ASSOCIATION believe the sport of TRACK and FIELD should be fun but also a significant part of a sound education program. We believe those who coach the youth and work with youth are first and foremost teachers who have a duty to promote life skills and develop good character. All HEAD COACHES will be responsible for actions of ATHLETES, COACHES and PARENTS who work with their program.

- All conduct any COACH, PARENT, OFFICIAL, ATHLETE or SPECTATOR feels is inappropriate should be written up on the enclosed referral form and given to the meet director

- Spectators will be given one warning of inappropriate conduct; if it continues they will have to leave the stadium

Steps followed when the Code of Conduct has been violated:

1. Code of Conduct broken
2. Referral
3. Give the referral to the Meet Director
4. Take referrals to Code of Conduct Committee
5. Action will be taken within one week

Pacific Association Code of Conduct Table of Consequences

Behavior Violation	Warning	Recommended Minimum Consequences
Fighting / verbal threats	0	1 year suspension / removal from the Association
Profanity	1	1 <sup>st</sup> – warning 2 <sup>nd</sup> – 30-day suspension 3 <sup>rd</sup> – 1-year suspension
Cheating	0	Removal from Association
Theft	0	Removal from Association
Taunting	0	1 <sup>st</sup> – 30-day suspension 2 <sup>nd</sup> – 1-year suspension
Recruitment of athletes from registered clubs	0	1-year suspension
Drugs / alcohol	1	1-year suspension
Unauthorized people on the field	1	30-day suspension
Disrespect of officials	0	1 <sup>st</sup> – immediate team & coach disqualification from meet AND 30-day suspension 2 <sup>nd</sup> – 1-year suspension