



**NORTH HERTS
ROAD RUNNERS**

North Herts Road Runners

Code of Conduct for Junior Athletes (Under 18)

Introduction

North Herts Road Runners (NHRR) is fully committed to safeguarding and promoting the wellbeing of all its members, ensuring a positive and enjoyable experience for all. The club believes that all members, coaches, committee members and where applicable, family members associated with the club should always show respect and understanding for the safety and welfare of others.

Young athletes are encouraged to be open and share any welfare related concerns or complaints with the Club Welfare Officers or a trusted adult.

As a member of NHRR, you are expected to abide by the following Code of Conduct.

Respect and Inclusion

- Respect the rights, dignity, and worth of all athletes, coaches, officials, and others involved in athletics.
- Treat everyone fairly and with respect regardless of age, gender, ability, race, culture, or religion.
- Uphold the same sporting values in and out of athletics.
- Always be polite and courteous towards others.
- Never engage in bullying, discrimination, harassment or abuse.
- Speak out if you see or experience behaviour that is inappropriate or makes you uncomfortable.

Behaviour and Conduct

- Follow the rules of the sport and respect the decisions of coaches and officials.
- Cooperate with coaches, officials, team managers, medical and support staff.
- Refrain from using bad language, bullying, or disruptive behaviour at training, competitions or club activities.
- Never participate in behaviour that is unsafe, illegal or inappropriate.
- Take responsibility for your actions and behave with honesty and integrity.

Health, Safety and Welfare

- Follow the UK Athletics and HCAF Child Safeguarding Policy and Procedures.
- Inform your coach, Welfare Officers, or a trusted adult if you have any concerns about your safety or welfare.
- Be prepared for training and competition by bringing the correct equipment and being punctual.
- Inform your coach if you are receiving coaching elsewhere.
- Do not carry or use alcohol, tobacco, or illegal substances during club activities.



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- Use safe and appropriate transport arrangements when attending club events. They should never be alone in a vehicle with a coach or club adult; if travel is by a club adult, another adult or group must be present.

Equipment and Venues

- Take care of club equipment and treat training and competition venues with respect.
- Use facilities responsibly and follow venue rules.

Online and Social Media Conduct

- Communicate respectfully and responsibly online in all club related interactions.
- Avoid posting or sharing harmful, offensive or inappropriate content.
- Understand that your online behaviour reflects on you and the club.
- Do not engage in cyberbullying or any form of digital harassment.

Welfare Officer Training and Safeguarding Standard

North Herts Road Runners' Welfare Officers, Tom Kingham and Caroline Thrussell, have completed all required safeguarding training as mandated by UK Athletics and England Athletics and hold valid DBS certificates. They are available to provide confidential support and advice.

NHRR complies with the England Athletics Safeguarding Standard 2025, ensuring all policies and procedures are current and safeguarding is a priority at every level of club activity.

Reporting Concerns

If you have any safeguarding concerns or complaints, please contact the Welfare Officers at welfarenhrr@gmail.com or speak to a trusted adult. All concerns will be handled confidentially and in line with safeguarding procedures.

Breaches of the Code

We all have a responsibility to maintain a respectful and safe environment for everyone in the club.

If a decision is made about you under this code of conduct, you will always have the opportunity to appeal and share your perspective.

Please note, failure to follow this code may result in:

- Being asked to apologise.
- Receiving warnings from coaches or the club committee.
- Suspension from club training or activities.
- Suspension or termination of club membership.

Serious breaches may be referred to UK Athletics or external agencies in accordance with safeguarding and disciplinary procedures.



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Parent/Guardian Responsibilities

As a parent or guardian of a junior athlete, you have an important role in supporting your child's positive experience with North Herts Road Runners and helping maintain a safe, respectful environment. You are expected to:

- Support your child in understanding and following the club's Code of Conduct.
- Respect the decisions of coaches, officials and club volunteers.
- Encourage your child to participate fairly and enjoy athletics in a safe and inclusive way.
- Promote and model positive behaviour, both at club activities and online.
- Ensure your child's safety by arranging appropriate transport and supervision.
- Communicate any concerns about welfare or safeguarding to the Club Welfare Officers.

By agreeing to this Code, you acknowledge your responsibilities in helping the club uphold its safeguarding and wellbeing commitments.

Review

This Code of Conduct was last reviewed on 18/09/2025 and will be reviewed regularly to maintain relevance and compliance with UK Athletics policies.

Declaration

Junior Athlete:

- I confirm that I have read and understood the Code of Conduct.
- I confirm that I agree to abide by the Code of Conduct as a condition of my membership with North Herts Road Runners.

Parent/Guardian:

- I confirm that I have read and understood the Code of Conduct.
- I confirm that I agree to abide by the Code of Conduct as a condition of the Junior Athlete's membership with North Herts Road Runners.

Name of Junior Athlete: _____

Date: _____