

Rugby and Northampton Athletic Club Athlete Charter

The Athlete Charter brings together the rights and responsibilities of athletes within our club.

As a responsible athlete of our club I will:

REMEMBER

Everything I need for training or competitions, be organised and on time
A drink and warm clothing when needed
To use the toilets before training so I do not have to leave the session

TELL MY COACH

If I am ill or injured
If another athlete or person is making me uncomfortable
If I need go somewhere, why, where and when I expect to return

LISTEN

Listen to coaching instructions quietly so that everyone else can listen as well

TRAIN

Train hard and to the best of my ability

JOIN IN

Join in club activities and competitions asked of me, making myself available to represent the club when asked

ALWAYS

Behave sensibly during athletics sessions
Treat others and their possessions with respect
Show patience with and accept difference in others
Take away any rubbish e.g. drinks bottles
Remember to obey the Track Safety Rules

NEVER

Use rude or offensive language or swear at athletics – either to my coach or other athletes
Disrupt my group or other athlete's training
Behave in a destructive, dangerous or irresponsible way
Speak to others in a way that might upset them

TALK TO

My coach or club coaching co-ordinator before accepting coaching elsewhere
My coach or club coaching co-ordinator if I think I should be in a different group

I have read the Athlete Charter and Track Safety Rules and will follow them all the time.