



Code of Conduct for Adult Members

Tonbridge Athletic Club (TAC) is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The Club believes that it is important that members, coaches, administrators and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the Club with any member of the Management Committee

As a member of TAC, you are expected to:

- Take responsibility to ensure you are up to date with the Club's rules, understand and adhere to them
- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics
- Act with dignity and display courtesy and good manners towards others
- Pay subscriptions, fees for training or fixtures promptly
- Recognize the valuable contribution made by coaches and officials who are all volunteers
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Never engage in irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Use correct and proper language at all times
- Not smoke, consume alcohol or drugs on Club premises or whilst representing the Club
- Wear suitable kit for training and wear TAC kit when representing the Club
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Encourage everyone to enjoy sport and understand that people have different motivations for taking part
- Challenge inappropriate behaviour and language by others

- Never engage in any inappropriate or illegal behaviour
- Never engage in destructive behaviour and leave athletics and other venues as you find them