



Winston-Salem Roadrunners Track Club

CODE OF CONDUCT

Youth athletes, who participate as part of the Roadrunner Track and Field Club, represent the Roadrunner Track and Field organization, sponsors, community partners, and most importantly their families. We expect Roadrunner athletes to demonstrate **character, high moral standards, leadership, responsibility for one another**, and serve as **role-models** for other youth in the community, on and off the track. During practices, trips, and competition, we expect nothing less than the best standards of behavior from our athletes and families. We must be gracious in victory and accept defeat just as graciously.

We believe the sport of Track & 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 this program. All conduct that is deemed as inappropriate will be written up on the enclosed Referral form and submitted to the Athletic Director for further disciplinary action.

CODE OF CONDUCT - ATHLETES

- Arrive on time to practice and competitions.
- Come prepared to practice by wearing proper shoes and attire; bring sweats to every practice and competition.
- Ensure that you are mentally ready to train.
- Hydrate, eat nutritionally and get plenty of sleep prior to practice and competitions.
- Follow all Roadrunner and USATF/AAU rules.
- Exercise good safety in practices and events.
- Demonstrate positive open communication between coaches, athletes, parents & officials Positively support Roadrunner team members at practice and in competition.
- No gossiping or slandering others on the team.
- Respect the Roadrunner coaching staff, team members, officials, other coaches and opponents.
- Strive not only to be the best athlete but also the best student; keep your grades up
- Athletes must attend all practices. Missing practice must be excused by a Head Coach.
- Athletes will compete in ONLY the designated Roadrunner uniform for scheduled meets, unless prior approval is received from the Athletic Director.
- Smoking or drinking is prohibited
- Sexual misconduct (kissing, inappropriate touching, etc.) is prohibited.
- Foul language, profanity will not be tolerated.
- Be honest.
- Have fun!

CODE OF CONDUCT - COACHES

- Respect the position of the Athletic Director.
- 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.



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- Reinforce and follow all Roadrunner and USATF/AAU rules.
 - Acknowledge and demonstrate good safety in practices and meets.
 - 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 and will not be tolerated • Be present at all practices and meets.
 - Continually seek opportunities to improve skills as a track & field coach.
 - Smoking is prohibited around the athletes or practice/meet facilities.
 - Do not bring alcoholic beverages to any Roadrunner sponsored events.
 - Foul language, profanity will not be tolerated.
 - Be honest.

CODE OF CONDUCT - PARENTS

- Ensure your athletes arrive on time to practice and competitions.
- Be present at all practices and competitions. If you are unable to be present, you must designate a chaperone and communicate this to the coaches and/or the Athletic Director.
- Arrive at meets on time, even if your event is not scheduled early in the morning. Allow enough time to stay and support all Roadrunner team members at competitions.
- Provide water and nutritional food for your athlete.
- Demonstrate positive open communication between coaches, athletes, parents & officials.
- No gossiping or slandering other team members, parents, or coaches.
- Respect the Roadrunner coaching staff, team members, officials, other coaches and opponents.
- Parents are not allowed on the track or field during practice.
- Respect coaches' decisions regarding your athlete's workout and choice of events.
- Voice any concerns or disputes with the Head Coach and/or Athletic Director.
- Do not smoke at practices or meets nor bring alcoholic beverages to any Roadrunner sponsored events.
- Foul language, profanity will not be tolerated I have read and reviewed with my athlete the above stated rules.

We understand, and agree to comply with the provisions cited above and sign this form voluntarily.

Signature of parent/guardian: _____ Date: _____

Signature of Athlete: _____ Date: _____

Note: Younger athletes may print their name on the signature line to acknowledge understanding of the guidelines.



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REFERRAL FORM

Steps followed when the Code of Conduct has been violated:

1. Coach completes the write up of the athlete for inappropriate behavior.
2. Referral submitted to the Athletic Director.
3. Referral is reviewed by the Code of Conduct Committee.
4. Action will be communicated/taken within one week.

Sited Inappropriate Behavior:

Behavior Violation	Warning	Recommended Min Consequences
Fighting/Verbal Threats	0	Appearance before the Board for consequences; may include, but not limited to 1 year suspension or removal from the team.
Profanity	1	1st - Warning 2nd - Suspension from Practice (Unexcused) 3rd - Suspension from Competition
Taunting	1	1st - Warning 2nd - Suspension from Practice (Unexcused) 3rd - Suspension from Competition
Disrespect of Coaches/Other Adults	1	1st - Warning 2nd - Suspension from Practice (Unexcused) 3rd - Suspension from Competition
Drugs/Alcohol/Smoking	0	1 Year Suspension/Removal from the Team

All consequences are subject to Board review and approval. The above consequences are guidelines, and may be amended by the Board at any time.

I understand and have reviewed with my athlete the consequences of my athlete's behavior that has been communicated to me. We understand, and agree to comply with the provisions cited above and sign this form voluntarily.

Signature of Parent/Guardian: _____ Date: _____ Signature of Athlete: _____ Date: _____

Note: Younger athletes may print their name on the signature line to acknowledge understanding of the guidelines.