



ATHLETES CODE OF CONDUCT

Athletes accessing training and support through the National High Performance Centre in Stirling and those who are members of triathlonscotland squads are ambassadors for the sport of triathlon, themselves, their family and their country. This code of conduct details guidelines and requirements expected of athletes attending the National High Performance Centre and / or training as a member of any National Squad. All athletes are required to read, fully understand and comply with the information / guidelines outlined below.

The National High Performance Centre (NHPC) and triathlonscotland National Squads operate to help you, the athlete, work towards the attainment of your full potential in Triathlon. Elite sport has to be a serious, professional business that requires a large commitment from all staff and athletes.

In order to maintain a positive training environment but still work towards World Class Targets it is important that both athletes and staff have a clear understanding of what is expected of them.

Set out below are a number of guidelines and parameters that will help to facilitate this.

What you should expect:

An environment conducive to the development of World Class Performance

- Access to training days / camps / facilities where appropriate and World Class Coaching.
- Staff to set and review agreed performance / training targets with you each year.
- A brief weekly meeting / email or phone conversation with a member of the coaching staff where any special training requirement for the forthcoming week can be discussed (this should be initiated by the athlete).
- An effort by the coaching staff to incorporate specific sessions appropriate to you where possible, but also an understanding that in a group environment this is not always possible.
- A more detailed meeting at the end of each training phase with the coaching staff should you wish.

What we expect:

That you agree to:

- Commit to furthering myself as an athlete by exhibiting the most professional attitude to training and competition at all times.
- Keep to agreed timings for training and competitions and inform the National High Performance Coach if I am going to be late.
- Attend all activities as agreed with the National High Performance Coach / performance director.

- Appreciate other athlete's rights to respect, confidentiality of information and individuality. Any points of concern should be raised with the National High Performance Coach initially.
- Train and compete within the rules and respect coaches, officials and referee's decisions.
- Abide by Anti-Doping policy and commit to training and competing drug-free.
- Wear suitable kit for training and competition, appropriate team kit when assembling, travelling, at other functions or occasions as notified by team manager/coach.
- Swim: pull buoy, paddles, band, fins, drink bottle
- Bike: a well-maintained bike, helmet, HR monitor (HRM), inner tube, tyre levers, pump, multi tool, drink bottle(s), tyres in good condition, appropriate clothing: waterproof, gloves, overshoes in winter; proper cycle top in summer.
- Run: appropriate footwear in good order, appropriate clothing, HRM
- Conditioning: appropriate footwear and clothing
- Not use foul or abusive language.
- Not engage in inappropriate sexual activity.
- Not smoke, possess or consume alcohol or any illegal or performance enhancing drugs.
- Not tolerate or be involved in discrimination of any kind
- Complete any relevant forms / paperwork as required by stated deadlines.
- To be at sessions in good time.
- Swim: On the poolside ready to swim 5min prior to session start
- Bike: At meeting place 5 min before session start
- Run: At meeting place 5 min before session start
- Conditioning: At meeting place 5 min before session start
- If you are not at a session in good time or with the correct equipment the coach has the right to exclude you from that session.

Sanctions

Breaches of the code of conduct shall be dealt with in the first instance by the National High Performance Coach. He/she will report the incident to the triathlonscotland disciplinary panel who shall take further action as deemed necessary.

I am aware that I am an ambassador for my sport, the National High Performance Centre and my country and I take full responsibility for my actions. I have read this code of conduct, understand the guidelines set out above, and agree to comply.

Signed (participant)

Date:

Signed (parent/guardian if under 16 yrs)

Date:

Signed (NHPC / Performance Director)

Date: