Lanark Rugby Club

LANARK RUGBY CLUB - CODE OF CONDUCT FOR CHILDREN AND YOUNG PEOPLE

Adults at Lanark Rugby Club should help to make sports safe and fun. This is your job too. This means respecting other players/athletes and the people who are there to help you to learn. You should do this by:

- Being ready and on time for training and competition.
- Respecting the Coaches & other Players.
- Accepting what the coach or match officials ask you to do in the rules of the game.
- Playing to the best of your ability
- Never swearing at or insulting anyone, including other players.
- Telling your parents or carers where you are, or if you are going to be late.
- Following advice from sport doctors or physios to keep you safe and injury free.
- Never bullying other players/ athletes either yourself or in a group.
- No acts of aggression or violence, physical or otherwise towards anyone whilst at the club or representing the club.

Bullying can happen between children or between adults and children. It means things like:

- Name calling
- Making fun at someone's expense.
- Giving only negative feedback.
- Hitting.
- Shoving.
- Stealing.
- Damaging belongings.
- Spreading rumours.
- Making threats
- Sending/posting nasty messages
- Leaving people out on purpose.

If you are worried about something don't keep it to yourself. Speak to an adult who you know and trust such as a parent, coach, teacher, the Safeguarding Officer at your club, a guidance teacher, doctors or school nurse.
If there isn't anyone you can talk to, you can contact Childline in Scotland on 0800 1111 or at childline.org.uk. It's free, private and confidential.

Safeguarding Officer – Iain Hughes – welfare@lanarkrugbyclub.co.uk / 07738682915

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