

SCA Performance – Athlete’s Code of Conduct

Attitude and Behaviour related to Training

- Athletes must aim to reach their full potential, demonstrating commitment to their personal performance plan as agreed with SCA National or Performance coaches
- Athletes must use their best endeavours to:
 - Ensure availability for all training opportunities and any other commitments associated with being a member of SCA Performance.
 - Arrive at training/competition venues with equipment in good order.
 - Arrive at training/competition venues prior to the agreed time.
 - Arrive at training sessions having made every effort to recover from previous training.
 - Make time for session feedback from coaches and support staff.
 - Take responsibility for your own training and performance.
 - Make use of a training log and planning diary.
 - Constantly seek new ways to improve performance.
 - Conduct yourself in a way that is a credit to you and the SCA.
- Athletes must use their best efforts and work with the SCA coaches to obtain and maintain the highest possible level of health and physical fitness required for consistent training and competition as an aspiring elite international competitor.
- Athletes can and will be coached by different employed and volunteer coaches allocated to their athlete group.
- Athletes must make sure that any injury, illness or need to adjust your training plan/programme is communicated to coaches prior to the training/activity taking place.

Athlete’s Behaviour towards others

- Athletes must follow all instructions and decisions made by SCA Performance staff whilst engaged in SCA programme activities.
- Athletes must make sure that they have permission from the organisers/coaches to adjust any general instruction before doing so.
- Athletes must use appropriate language and behaviour and conduct themselves in a way that is a credit to them, the SCA and any other partner organisation.
- No athlete can enter alone and without permission into bedrooms/changing areas/other areas that are allocated to members of the opposite sex. Any part of the person beyond the point of the threshold will be deemed inside.
- Athletes must treat others’ equipment/belongings as they would treat their own. Causing deliberate damage or defacing any piece of building or equipment will be taken extremely seriously.

Athlete’s Behaviour towards health, safety and social responsibility

- Athletes should plan their education and work commitments to fit with training and competition at appropriate times of the year.
- Athletes must respect any rules from other organisation/country hosting SCA Performance activities
- Athletes are forbidden from taking any form of alcohol or any banned substance.
- Athletes must not use any form of social media in a way that can be interpreted as derogatory or demeaning to any other individuals or organisations
- Athletes must manage their family and social life in line with the demands of training and competition
- Athletes should acknowledge in their public profiles (including online ones) that they receive support from SCA Performance through the programme into which they have been nominated

What can happen if there is a breach of this code of conduct?

- Any failure to comply with the above can result in the athlete’s nomination to an SCA Programme being reviewed and/or withdrawn
- Consequences of breaches of the above will be communicated to the athletes and parents in writing. Sanctions can range from verbal warning to withdrawal of the programme for an indefinite period of time

For athlete’s aged under 18, one parent/carer must at least read and sign the code of conduct

Athlete

Signature:	Date:
Print Name:	

Parent/carer 1

Signature:	Date:
Print Name:	Relationship to Child:

Parent/carer 2

Signature:	Date:
Print Name:	Relationship to Child: