



# ATLANTA TRACK CLUB YOUTH TEAM CODE OF CONDUCT

## **Introduction**

Atlanta Track Club Youth Team strives to create a positive team environment that increases its member's athletic and life-skills development. In order to do so, Atlanta Track Club expects the actions of the team's members and parents to follow the rules, guidelines and expectations below.

## **Team Rules**

**Sportsmanship:** All athletes and parents will act respectfully at any and all events while representing Atlanta Track Club. Athletes and parents agree to encourage others, be polite and respectful, and have respect for others and their property. Athletes agree to put forward their best effort in all meets and practices based on the instruction given by the coaches.

**Behavior:** All athletes and parents will use appropriate language while at practices and meets while behaving in a manner representative of Atlanta Track Club's values.

**Communication:** Athletes and parents agree to notify a coach if an athlete is going to miss practice, developing an injury, or participating in other sports or activities. This should be done to ensure all athlete receives proper training. Athletes and parents agree to stay up to date on all communication and instructions given by the coaches and are encouraged to ask questions.

## **Guidelines**

**Practice Participation:** It is expected that athletes arrive punctually at practice in proper running attire, with positive attitudes and prepared for the workout.

**Attendance:** Attendance is not mandatory, but it is encouraged. The best way for young athletes to develop is to simply put in the work in a team environment. If your child is unable to make a practice, we ask that you let the coaches know.

**Multi-Sport:** We encourage team members to play multiple sports as this helps develop various muscle groups and enhance athletic ability as the child ages. We just ask that athletes who are playing multiple sports inform their coach. To create a proper training program for each athlete we must know what physical activities they are engaged in during non-practice and meet days.

**Injuries:** Athletes should communicate to their coach any instances where they are experiencing prolonged pain.

## **Practice Expectations**

1. Athletes are expected to bring their own supplies (clothes, shoes, water bottle, snacks) to practice. Athletes should also dress accordingly to the weather and day's workout.
2. Athletes are expected to complete the runs and workouts they are assigned. Skipping these will limit an athlete's improvement. Additional training done without the coaches knowledge can be counterproductive.
3. Parents are welcome to attend all team practices and to engage with the coaches and athletes in a positive manner. Parents are asked to respectfully discuss concerns regarding training or policies privately with coaches. Atlanta Track Club believes that positive reinforcement breeds success.



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## **Meet Expectations**

1. All athletes should try their best, keep positive attitudes and strive to create the best environment for themselves and their teammates.
2. Atlanta Track Club requests parents to defer all competition strategies to the coaches. Direct discussions between parents and athletes regarding competition strategies is discouraged. Athletes wishing to discuss strategy or experiencing pre-race anxieties should be directed to a coach.
3. During meets, parents are expected to positively support the team's athletes and our competitors. Opportunities to assist with meet preparations and set up will be communicated as competitions approach.
4. Parents will only register for meets that they are certain their child will be competing in. If your child will not be able to compete in a meet he or she is registered for, let your child's coach know at least 24 hours before the meet.

## **COVID-19 Related Rules & Expectations**

### **Before Practice**

- Parents/guardians are encouraged to take their child's temperature before each practice session
  - See the end of this document for details on what to do if your child experiences COVID-19 related symptoms
- Team members must arrive at practice wearing their face masks, which must be worn until practice begins
  - Team members can leave their masks inside their bags during practice
- Team members must maintain a distance of six feet from other team members
- Team parents/guardians must remain in the area designated for parents/guardians throughout practice
- Team parents/guardians must wear face masks and maintain a distance of six feet from one another during practice
- Team members must bring and drink from their own water bottles during practice

### **During Practice**

- Team members are encouraged to use either their own hand sanitizer or hand sanitizer provided for the team during practice
- Team members must remain in their assigned groups and do their best to maintain social distancing when appropriate during warmup runs, workout cooldowns and transitions between these activities
- Team members must maintain a distance of six feet apart during warmup drills and stretching

### **After Practice**

- Team members must wear their face masks once practice is over
- Team members must maintain a distance of six feet from other team members

### **Before Competition**

- Parents/guardians are encouraged to take their child's temperature before each team competition
  - See the end of this document for details on what to do if your child experiences COVID-19 related symptoms
- Team members are encouraged to wait with their parents in a social distanced area near the competition area
- Atlanta Track Club will provide a tent for team members who wish to sit with the team
- Team members must arrive at the tent wearing a face mask and continue to wear their face masks until it is time for them to warm up
- Team members must do their best to maintain social distancing while at the team tent
- Parents/guardians who wish to accompany their child at the team tent must arrive at the tent wearing a face mask and continue to wear their masks while remaining in the designated area for parents/guardians
- Team members must remain in their assigned groups and do their best to maintain social distancing during warmup runs, stretches, drills and transitions between these activities



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## **After Competitions**

- Team members who are returning to the team tent must wear their face masks once they return
- The team coach will meet with the athletes who will not be at the tent directly after they are finished running

## **What to do if your child is exposed to someone who has COVID-19**

Please alert the team's coach if your child comes in contact with someone who has COVID-19. He or she cannot attend the team's in-person practices or competitions for 14 days after being exposed to the virus.

## **What to do if you think your child has COVID-19**

If your child develops a fever or begins experiencing any COVID-19 related symptoms please alert the team's coach and keep them away from in-person practices and competitions for at least 10 days since their symptoms first appeared, 24 hours with no fever without fever-reducing medication, and their symptoms have improved.

These measures are in accordance with the CDC's COVID-19 recommendations. Please read and follow the CDC's COVID-19 recommendations linked below. Parents/guardians will be notified if a team member is exposed or diagnosed with COVID-19 (no personal or medical information will be disclosed). For more information on when and how quarantining measures should be taken visit the website below.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## **Consequences**

Failure of athletes or parents/guardians to uphold the team's COVID-19 related rules and expectations may result in an immediate suspension or expulsion from the team. Failure to follow any of the team's other rules and expectations will first result in a warning. The second offense will result in having to leave that day's practice or meet. The third offense will result in suspension or expulsion from the team.



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Athlete's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

I hereby acknowledge that I have read and understand the Atlanta Track Club Track & Field Youth Team Code of Conduct policies and procedures and will follow them to the best of my ability.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date