



# 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 practices and meets 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. This should be done to ensure all athlete receives proper training. Athletes and parents agree to stay up-to-date on all communications 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.

## **Meet Expectations**

1. All athletes should try their best, keep positive attitudes and strive to create positive environments 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.



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## COVID-19 Related Rules & Expectations

### COVID-19 Statement

Atlanta Track Club continues to monitor news and updates surrounding COVID-19 from the Georgia Department of Public Health and the Centers for Disease Control and Prevention. Information from these organizations continues to guide Atlanta Track Club's COVID-19 related safety protocols.

For physical activity related recommendations from the CDC [click here](#).

### COVID-19 Code of Conduct

- Parents/guardians are encouraged to assess their child's health before each practice and competition by checking for the COVID-19 related symptoms listed below:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- Masks are recommended to be worn by unvaccinated team members before practices and competitions begin and end
- Parents/guardians must stay socially distanced from team members before, during and after practices and competitions
- Team members are encouraged to bring their own hand sanitizer to be used during practices and competitions

### If Your Child Contracts COVID-19 and Has Symptoms

If you believe or know your child has contracted COVID-19 and has symptoms immediately contact the team coach and keep your child away from team practices and competitions for at least 10 days since their symptoms first appeared, 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 are improving.

### If Your Child Tests Positive for COVID-19 Without Symptoms

If your child tests positive for COVID-19 without showing symptoms immediately contact the team coach and keep your child away from team practices and competitions until at least 10 days have passed since they had a positive viral test for COVID-19.

### If Your Child Has Been Around Someone with COVID-19

If your child has come in close contact with someone with COVID-19 immediately contact the team coach and keep them away from team practice and competitions for at least 14 days after their last exposure to that person.



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## Consequences

Failure of athletes or parents/guardians to uphold the team's rules, guidelines 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.

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

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

I hereby acknowledge that I have read and understand the Atlanta Track Club 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

### Atlanta Track Club