

## Rights and Code of Conduct for Junior Athletes

Triathlon Ireland Juniors Rights	
<ul style="list-style-type: none"> <li>❖ Be safe and to feel safe</li> <li>❖ Be listened to</li> <li>❖ Be believed</li> <li>❖ Have fun and enjoy triathlon</li> <li>❖ Have a voice in relation to their activities within triathlon</li> <li>❖ Be treated with dignity, sensitivity and respect</li> <li>❖ Participate in an equitable and fair manner, irrespective of ability, disability, gender, religion, social class, etc.</li> <li>❖ Experience competition at a level at which they feel comfortable</li> <li>❖ Make complaints and have them dealt with</li> <li>❖ Get help against bullies</li> <li>❖ Say No</li> <li>❖ Protect their own bodies</li> <li>❖ Confidentiality</li> </ul>	
Triathlon Ireland Juniors <u>Should Always</u>	Triathlon Ireland Juniors <u>Should Never</u>
<ul style="list-style-type: none"> <li>❖ Treat Sports Leaders with respect, (including supervisor, sports science personnel, volunteers, technical officials, committee members, coaches , even when things go wrong.</li> <li>❖ Look out for themselves and the welfare of others</li> <li>❖ Play fairly at all times, do their best</li> <li>❖ Be organised and on time, tell someone if you are leaving a venue or competition</li> <li>❖ Respect opponents, be gracious in defeat</li> <li>❖ Abide by the rules set down by team managers when travelling to away events, representing the club, school, province or country, etc.</li> <li>❖ Behave in a manner that avoids bringing Triathlon Ireland into disrepute</li> <li>❖ Talk to the Childrens Officer within the club if they have any problems.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Cheat</li> <li>❖ Use violence or engage in irresponsible, abusive, inappropriate or illegal behaviour</li> <li>❖ Shout or argue with officials, team mates or opponents</li> <li>❖ Harm team members, opponents or their property</li> <li>❖ Bully or use bullying tactics to isolate another player or gain advantage</li> <li>❖ Take banned substances, drink alcohol, smoke or engage in sexual behaviour</li> <li>❖ Keep secrets, especially if they can cause harm</li> <li>❖ Tell lies about adults / young people</li> <li>❖ Spread rumours</li> <li>❖ Discriminate against other players on the basis of gender, age, disability, social class, religion, race, etc.</li> </ul>