



RUN ALEX JUNIORS

CODE OF CONDUCT

2025
www.runalex.co.za

RUN ALEX
Kwabekilanga Sports Complex
Far East Bank
Alexandra, 2014

Introduction:

This Code of Conduct is intended to provide a respectful, safe, and inclusive environment for all members. It applies to all Junior team members, coaches, and parents that participate in the Run Alex development program. We urge everyone to contribute wherever possible and bring value to the program, working to create a collaborative children's program that elevates our community and provides a great experience for all children.

Our Commitment

We're committed to providing an environment where everyone feels welcome, respected, and valued. Discrimination, harassment, and bullying will not be tolerated.

Know the Juniors development team:

- **Director:** Siphiwe Nkosi
- **Secretary General:** Anelisa Mzimazi
- **Treasury General:** Nomthandazo Moloji
- **Events:** Puleng Mphahlele
- **Head of read Alex:** Samukelisiwe Nhlabathi

Coaches:

- Coach Ronny Ndhlovu – Head coach
- Coach Ashleigh Adams
- Coach Azwindini Matumba
- Read Alex Volunteers

CODE OF CONDUCT

1. JUNIORS

A Junior athlete is expected to:

1.1 At all times demonstrate good sportsmanship and respect for all.

1.2 Not bully or take unfair advantage of another athlete.

1.3 Participate for own enjoyment and benefit, not just to please parents and coaches.

1.4 Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

1.5 Attend all practices and events – Juniors may be excused by means of an apology message from parents.

- **Training Time:**

- During the week: Tuesday, Wednesday and Thursday from 16:00 to 17:00

- Weekend: Saturday and Sunday from 07:00 to 09:00 (including reading)

- All Juniors are expected to follow these training and reading times.

1.6 No athlete shall be trained or follow programs from a non-Run Alex Coach, otherwise the athlete must resign from the club.

1.7 Juniors who feel that they want a special training program for improvement in certain areas of their running should feel free to come to the coaches and ask for assistance.

1.8 Not come to training if they are not well, sick.

1.9 Participate in the taking of group photos after training. The photo is a form of register for parents to see that their children have gone to training.

1.10 Be punctual and show commitment to his/her fellow team members and coaches – this would include completing the season (unless there is good reason for not doing so)

1.11 Wear the correct uniform to practices and events and be neatly attired at all times. All Junior athletes will run in their officially registered Run Alex club colours, except when representing some other officially selected team.

- **Uniform:**

- Black bottoms and club vests with a black long sleeve, when it's cold.

1.12 Take care of all sporting equipment/ books and assist coaches/volunteers in putting equipment away after training or reading.

1.13 Always wear a license in all the events, no Juniors are allowed to borrow or run with another athlete's license number.

1.14 Never leave litter lying around after any sports or reading sessions.

1.15 Accept the final decision of the coach without question, provided that the decision upholds the spirit, values and principles of the club.

1.16 Respect and co-operate with the coach/volunteer.

1.17 Refrain from using any foul or offensive language and refrain from sledging.

1.18 Refrain from boastful or arrogant behavior and applaud good play.

1.19 Adhered to the correct procedures when an athlete transfers from one club to another:

- The athlete must resign from Run Alex club in writing when they no longer want to be part of the club and get a Clearance letter, which he/she must present to his/her new club when they apply for membership.

1.20 Any Junior athlete who is established to have transgressed any material principle of this Code of Conduct will be expelled from the program, depending on the severity and circumstances of the transgression.

Date: _____

Name of the Junior: _____

Signature: _____

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2. PARENTS

Parents are expected to:

- 2.1** Understand that participating in running and reading competitions is not about "winning at all costs", and recognize the values instilled by their children's participation and the opportunities it provides for social interaction, fun and competition.
- 2.2** Ensure that your child owns and wears the correct uniform to practices and events.
- 2.3** Pay for membership or Renewal license at the expected time for and to communicate if they encounter difficulties in making payments.
- 2.4** Attend parents meeting, as attending is mandatory and non-negotiable.
- A lack of parental involvement may result in their child being removed from the program.
- 2.5** Attend at least one cross - country or track and field event to accompany the children.
- 2.6** Teach your child the value of sportsmanship and fair play.
- 2.7** Teach your child the value of reading and participating in reading sessions.
- 2.8** Never ridicule your child or someone's else's child in the team.
- 2.9** Applaud good play and reserve judgement on poor play.
- 2.10** Never publicly question a coach's/volunteer's judgement.
- 2.11** Never use offensive language, or threaten Juniors, or coaches/volunteer.
- 2.12** Ensure that their child does not come to training if they're not well.

2.13 Respect the role of the coach/volunteer and recognize their authority.

2.14 Respect the coach's decision in making team selection decisions and understand that it is the coach's right to select whom he/she believes to be the most appropriate athlete in the circumstances.

2.15 Play an active role in encouraging and supporting your child in his/her sporting and reading choices.

2.16 Ensure that Juniors are brought and collected timeously before and after each practice and events.

2.16 Be realistic in your expectations of your child's ability and skills level, which will develop with encouragement and positive reinforcement.

2.17 Commit to paying all club funds as prescribed by the club and honor all financial obligations and arrangements.

2.18 Feel free to call or message coaches to enquire about anything that has to do with their children regarding whatever issues they feel need attention or to be addressed.

2.29 Communicate any concerns or issues through the correct channels, in the first instance to the coach/administrator charged with the oversight of the juniors (with a request, if applicable, that the matter be brought to the attention of the Director).

2.20 Transgression of the rules will result in the Child's removal from the program.

Date: _____

Parent's Name: _____

Signature: _____

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3. COACHES AND VOLUNTEERS

Coaches/volunteers are expected to:

- 3.1** Set a good example to the Juniors by being correctly dressed, professional, punctual and prepared at all times (i.e. planning each practice and drawing up weekly training schedules for distribution to each athlete).
- 3.2** Take responsibility for the behavior of the juniors.
- 3.3** Teach the Juniors the laws or rules of athletics/reading.
- 3.4** Teach and encourage the Juniors to develop and improve the skills required in running and reading.
- 3.5** Ensure that wherever reasonably possible all Juniors will get a fair opportunity to participate in events.
- 3.6** Ensure that selections for any opportunity that arises is transparent and fair to all Juniors.
- 3.7** Ensure that all Juniors are well prepared for events (i.e. specific training for a specific event).
- 3.8** Assess Juniors and their ability levels on a regular and on-going basis.
- 3.9** Keep a record of the Juniors, results and progress.
- 3.10** Keep a record of the juniors attendance register
- 3.11** Create opportunities to teach sportsmanship and ensure that the principle of good sportsmanship is instilled in the boys and girls.
- 3.12** Identify and assist each junior's area of improvement in terms of training and running in events.
- 3.13** Never ridicule or yell at Juniors for making mistakes.

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- 3.14** Refrain from using inappropriate language.
- 3.15** Be generous with praise and provide constructive and positive criticism.
- 3.16** Insist on fair play, and never tolerate gloating, foul play, fighting, or foul language.
- 3.17** Make a personal commitment to keep updated on the latest coaching principles – commit to being lifelong learners. Ensure that the juniors follow a training program.
- 3.18** Commit to honoring all club rules and values towards the development program.
- 3.19** Ensure that Juniors have an adult representative accompanying/amongst them all the time.
- 3.20** Commit to keeping Juniors safe during training/reading, which includes making sure that Juniors go home on time and no Juniors is left behind after training/reading.
- 3.21** Deal with all the issues that arise in training/reading amicably, including bullying concerns from parents and Juniors and speak out about anything concerning which may disturb the program.
- 3.22** Transgression of the rules will result in disciplinary hearing with the development team and EXCO who, will make the final decision on the issue.

Date: _____

Coach/volunteer: _____

Signature: _____