

# Rolling Thunder Special Needs Program

---

## Code of Conduct

---

Welcome to Rolling Thunder Special Needs Program. We are so glad to have you on our team.

As a valued team member, it is important that you know what is expected from you at all times, and what you can expect. Please read and sign the document below.

### **As a Rolling Thunder team member, you are expected to:**

- Conduct yourself in a manner that will ensure a welcoming, respectful and comfortable club environment for all.
- Refrain from using negative or derogatory language when interacting with teammates, other running clubs, and participants at group runs, races, activities, social events, clinics, seminars or via internet in public forums or social media sites.
- Create and maintain an atmosphere free from unwanted verbal, sexual or physical contact with others.
- Behave in a manner that is safe, and that does not put yourself or others at risk of physical harm or legal liability.
- Observe and obey all the rules and regulations governing races and track and field events.
- **Members are to immediately report any inappropriate actions or behaviors, in writing, to a Club Officer or Board Member.**

### **Athlete/Parent Code of Conduct:**

As a responsible athlete/parent or guardian, you will:

- Treat others with the same respect and fairness that you wish to receive.
- Anticipate your own needs (seasonal running gear, water, and sunscreen), be organized and be on time.
- Inform your Coach of any other coaching you are receiving.
- Notify a responsible adult if you have to go somewhere.
- Never engage in illegal or irresponsible behavior.
- Avoid destructive behaviors and leave athletic venues and practice spaces as you found them.
- Speak out immediately if anything makes you concerned, uncomfortable, or if you suspect a club member has suffered from misconduct by someone else.
- Return all written informed consent forms, health and medical requirements to the club by the third practice that the athlete attends.
- Attend training and competitions whenever possible.
- Parents/ Guardians know where your child will be at all times, and who they are paired with.
- Inform your child's coach of any illness, allergies, disability or injury that needs to be taken into consideration for athletic performance.
- Provide any necessary medication (with instructions), that your child needs for the duration of any trips.
- Ensure that your child does not bring any unnecessary valuable items to trainings or competitions, as we will not be held responsible for any lost items.
- Become a member of USA Track and Field. You will be required to pay for your membership and the renewal of membership as long as you have an active membership of the program. This membership will give you a discounted member rate at USATF events.

### **The Coach / Guide: Code of Conduct:**

As a responsible coach, you will:

- Respect the rights, dignity and worth of every athlete, and treat everyone equally, regardless of background or ability.
- Place the welfare and safety of the athlete above the development of performance.
- Develop appropriate working relationships with athletes based on trust and respect.
- Not exert undue influence to obtain personal benefit or reward.
- Avoid critical language or actions, such as sarcasm, that will undermine the athlete's self-esteem.
- Not spend time alone with a young athlete unless clearly in view of others.
- Always explain why and ask for consent before touching an athlete (ex: stretching, applying sunscreen, helping with uniform etc...),
- Work in same sex pairs when supervising changing areas.
- Ensure that parent / guardians know, and have approved in advance if taking an athlete away from the usual training venue.
- **Obtain SafeSport certification and background check through USA Track and Field, and maintain those certifications while an active member of the program.**

### **What you can expect from the program:**

- Communication is essential for our program to thrive. We communicate through email and social media platforms. We maintain an open door policy in regards to communication and want our members to feel they are able to voice their opinions, concerns and views, and what they say matters. Any questions or concerns should be addressed with the appropriate board member, lead coordinator, or coach.
- Uniforms are required at all road races, and track and field events- Any questions regarding uniforms should be directed to a lead coordinator, or an executive board member. If a member participates at an event that the team may not be participating at, permission to wear may be granted from lead coordinator, assistant head coach, or the head coach, but this must be discussed with one of the individuals listed.
- Our program is willing to work along with other programs, clubs and organizations, but we will not partner with them or join other program unless doing so is beneficial for our entire program. Unfortunately there are entities that will take credit for things yet have not put in any work to make the group successful.
- We will provide coaches and volunteers that are SafeSport certified and background checked through USA Track and Field. The program will reimburse any coach or volunteer who obtains the Safe Sport certification and background check. Any questions in regards to this should be directed to the lead coordinator, or executive board members (President and Treasurer).
- Our coaches, lead coordinators, assistant head coach, and/or head coach will develop and provide workouts/training specific for each and all members of the program. Members training can be focused on short distance or long distance, depending upon that member's goals but this must be discussed with the assistant head coach or head coach, so that they can develop an appropriate training plan.
- All workout/training that is provided to any member is the sole property of Rolling Thunder Special Needs Program. If a specific workout / training plan is developed for a member, we have the right to ask that member to sign a non-disclosure agreement (NDA), to protect that property.
- Rolling Thunder will provide training/ workouts at no cost to its members. It will provide guides for those members who may need them during road races at no cost. (You must register for event 1 week prior to event, and be at race site registration minimum 1 hr prior to event start time to be paired with guide. All latecomers will not be guaranteed a guide.). When fiscally feasible, the program will pay for entries into road races, track and field events, and will offer stipends for out of state travel to certain events. If a member is required to pay for any of these items, we will ensure that we give members enough notice to do so, and what the costs are.
- Not all members of the program will be attending the same events. Event participation will be at the discretion of the coaches, head coach and assistant head coach. It will also be based on the athlete's level of training.
- Any road race or event that our athletes may participate in must be accompanied by a coach, lead coordinator, assistant head coach or head coach from our program. In regards to road races, if we do not

have enough guides and coaches to attend the race then we will not participate in that race. In regards to the track and field events, if our coaching staff is unable to attend then we will not attend the meet. A member may choose to participate in a road race/event on their own, but they must not assume that the program will pay for it unless it is specifically discussed with an executive board member, (president, vice president, treasurer, secretary).

MEMBERSHIP MAY BE TERMINATED BY RESIGNATION OF A MEMBER OR A MAJORITY VOTE OF THE CLUB'S BOARD OF DIRECTORS FOR VIOLATION OF THIS CODE OF CONDUCT.

By signing below, I acknowledge that I have had the opportunity to read the code of conduct, and am aware of my responsibilities as an athlete/coach/parent/guardian. I also acknowledge my signature verifies that I have had the opportunity to discuss any parts of the code of conduct that I require further explanation.

_____ Signature (Under 18 Parent/Guardian Signature Required)	_____ Print Name	_____ Parent/Guardian Signature
_____ RTSNP Rep. Signature	_____ Print Name/Title	_____ Date