

# Triathlon Ireland Code of Conduct for Junior Members

As a Triathlon Ireland member, young athletes have rights and responsibilities.

The following code of conduct will highlight to you what these are. If there is any reason you do not understand what any of them means, you should ask a parent or your club's Childrens Officer.

Young triathletes are entitled to:

- Have fun and enjoy taking part in your sport.
- Be treated fairly, respectfully, sensitively and with dignity by everyone, adults and other athletes.
- Train and compete at a level that you are comfortable with.
- Be safe and feel safe and feel confident that you can say no.
- Have a voice in the decisions that affect you within the club.
- Know who to talk to in the club if you feel unsafe.
- Feel comfortable making complaints and have them dealt with.
- Get help against bullying behaviours.
- Be listened to and believed.
- Protect their own bodies.
- Confidentiality.

The following apply when you are training with your club, any club activities or Triathlon Ireland events.

Young triathletes should always:

- Treat the coaches, leaders, event staff, volunteers and other athletes with respect.
- Compete fairly at all times and be gracious in victory and defeat.
- In any team activity (ie relay etc) show respect for your teammates and support other members both when things go well and when things go wrong.
- Abide by the rules as set out by triathlon ireland and your club.
- Respect the differences between everyone at your club and events in terms of age, civil status, disability, family status, gender, housing assistance

payment, membership of the traveller community, race, ethnicity, religion, sexual orientation and gender expression and identity. (Statement from the Equal Status Acts, IHREC.)

- Talk to their Club Children's Officer if they have concerns.

Young triathletes should never:

- Cheat or allow others to force you to cheat.
- Use violence or physical force.
- Use Bad Language or shout at fellow members or your leaders / coaches.
- Bully or use bullying tactics such as damaging property, spreading rumours, telling lies etc. either in person or online.
- Consume alcohol, cigarettes, e cigarettes or banned substances.
- Keep secrets that may cause harm to others.
- Train or race if they feel unwell or are injured.
- Take and share images of other young athletes without permission.
- Behave in a manner that brings Triathlon Ireland into disrepute.

[Social Media Guidance for Juniors](#)