

Code of Conduct for Competing Athletes, Spectators and Volunteers

Welcome to the Reading Triathlon! We are committed to ensuring a respectful, inclusive, and enjoyable event for everyone. As a competing athlete, please adhere to the following Code of Conduct to maintain the highest standards of sportsmanship and integrity:

1. Respect and Equality:

- Treat all competitors and the general public with dignity and respect; everyone is an equal.
- Avoid discrimination on any grounds, including age, sexual orientation, socio-economic status, disability, race, occupation, religion, or political persuasion. This includes respecting and adhering to gender-specific facilities and private areas for changing, where present.
- Actively challenge discrimination in any form.

2. Anti-Bullying and Harassment:

- Recognize that bullying, harassment, and physical violence will not be tolerated under any circumstances.
- Examples of verbal harassment include, but are not limited to, comments about appearance, ability, and entitlement to participate.
- Examples of physical harassment include, but are not limited to, pushing another swimmer under, aggressive overtakes on the bike, and blocking during the run.

3. Behaviour and Manners:

- Display courtesy, good behaviour, and good manners towards others at all times.
- Avoid swearing or using abusive, condescending, or belittling language.
- Behave responsibly towards yourself and others at all times.
- Leave any changing or toilet facilities as you would wish to find them yourself.
- No urinating on the course at any point; use the ample toilets provided.
- Support and encourage your fellow athletes in a positive and respectful way.

4. Environmental Responsibility:

- Avoid destructive behaviour and leave the event area as you found it.
- Ensure you do not leave any rubbish behind or litter at any point on the race course or event venue; use the general waste or recycling bins provided by the organizers for appropriate waste disposal.

5. Reporting and Compliance:

- Report any poor behaviour by others to event officials.
- Follow the British Triathlon competition rules.
- Cooperate fully with the technical officials; failure to do so could result in disqualification.

6. Consequences of Inappropriate Behaviour:

- Inappropriate behaviour during the event will result in instant disqualification and being reported to the governing body (British Triathlon Federation).

