



The Knight Frank Schools Triathlon: Participant Code of Conduct

At all times, we want to make sure you are safe, happy, and cared for. This code of conduct helps you understand how to create a safe, fun and friendly environment for you and all children.
Remember, your safety is the most important thing!

1. Be Kind and Respectful:

Treat others the way you want to be treated. Use kind words and actions. Everyone deserves to be treated with respect and kindness.

2. Listen and Communicate:

If you're worried or have a problem, tell a trusted adult. They are here to help and listen. We also want you to listen when adults are giving you important information.

3. No Secrets About Safety:

Never keep a secret if it's about someone's safety. If someone asks you to keep a secret about something that makes you uncomfortable, talk to a trusted adult right away.

4. Personal Space:

Everyone has a personal space bubble. Respect other people's personal space and make sure they respect yours. If someone makes you uncomfortable, tell a trusted adult.

5. Say No to Uncomfortable Touch:

You have the right to say "no" to any touch that makes you feel uncomfortable, even if it's from someone you know. Always let a trusted adult know if someone touched you in a way that felt wrong.

6. No Bullying or Hurtful Behaviour:

Bullying is never okay. Be a friend to others and stand up against bullying. If you see someone being hurtful, tell an adult.

7. Safe Spaces:

Know where the safe places are, like your home, school, and community centre. If you feel lost or unsafe, find a trusted adult or go to one of these safe places.

8. Ask Permission:

Always ask a trusted adult for permission before going somewhere or doing something new and leaving the triathlons area.

9. Your Body, Your Rules:

You have the right to decide who can touch your body and how. If someone tries to touch you in a way that feels wrong, say "no" and tell a trusted adult.

10. Trust Your Feelings:

If something doesn't feel right, even if you're not sure why, trust your feelings. Talk to a trusted adult about it.

Know who to call and where to go in case of an emergency. This could be 999 or another emergency number in your area. If you ever have a question or feel unsure about something, don't hesitate to ask a trusted adult for help.