



# Southport Waterloo A C

## Rules for Junior Members

Southport Waterloo Athletics Club is fully committed to safeguarding and promoting the well-being of all its members. The Club believes that it is important that members, coaches, administrators and parents associated with the Club should, at all times, show respect, be encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the Club with the Club Secretary (Ron Scott) or the Child Protection Officer (Anne Howgego).

Whilst many of the Rules set out here apply to all members, for the purposes of this set of Rules, a Junior Member is one under the age of 20.

As a Junior Member of Southport Waterloo AC you are expected to abide by the following general rules:

- You must respect coaches, team managers, officials, volunteers and their decisions.
- You must respect other athletes at all times and not engage in any discriminatory or abusive conduct.
- You should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- You must wear suitable kit for training and match sessions, as agreed with the coach/team manager.
- You must pay annual subscriptions and any fees for training or events promptly.
- You are not allowed to smoke at Club coaching or social sessions or whilst representing the Club at competitions.
- You are not allowed to consume alcohol or drugs of any kind at Club coaching or social sessions or whilst representing the Club.

At Track & Field Meetings, you should comply with the following dos and don'ts.

Do:

- ✓ know what time your event is and listen to announcements;
- ✓ turn up at field events 15 minutes before the scheduled time for your event .
- ✓ the scheduled time is when competition starts and practice throws / jumps and registration must be completed by then;
- ✓ report into field events even if you are due to compete on the track. The track takes priority over field but you must report in for your field event;
- ✓ follow the instructions of all track and field officials;
- ✓ thank the officials at the end of your event;

- ✓ make sure your laces are securely tied before running;
- ✓ stay absolutely still at 'set' in sprints and 'on your marks' in longer races;
- ✓ if you win your event, wait until everyone has finished before leaving and it is good etiquette to shake hands with other competitors;
- ✓ stay in lanes in all sprint races and until the break point in 800m races started in lanes;
- ✓ enjoy your events in safety; and
- ✓ support your team mates without being disrespectful to others – but always support from outside the track.

Don't:

- ✗ enter the track and field arena unless you are competing. Spectating and supporting must be done from outside the competition area;
- ✗ cross the infield to get to the other side. Walk around the outside of the track;
- ✗ practise field events until event officials arrive;
- ✗ coach or instruct athletes who are competing;
- ✗ pace team mates by running beside them, even outside the track. 'Pacing' leads to the competitor being disqualified;
- ✗ push over or go around hurdles. If you do, expect to be disqualified;
- ✗ walk back across the finish line while a race is finishing and don't walk in front of the timekeepers;
- ✗ panic if you drop a baton in a relay. You can recover it, even leaving your lane to do so, without being disqualified provided you don't impede another runner;
- ✗ throw down the relay baton at the end of a race. It must be handed politely to the race official;
- ✗ collapse on the track at the end of a race. Stay on your feet but if you need to sit down for a moment move off the track.