



JUNIORS & TRACK CODE OF CONDUCT

1. General

- Bitton Road Runners is fully committed to safeguarding and promoting the well being of all of 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 and understanding for the safety and welfare of others.
- Therefore members are encouraged to be open at all times, and to share concerns or complaints that they may have about any aspect of the club with any committee member or in confidence with the Club Welfare officer.

2. Behavior

- Treat your coaches and fellow athletes with the same respect and dignity, as you would expect to be treated, regardless of gender, ability, cultural background or religion.
- Do not use foul or abusive behavior towards anyone.
- Play by the rules
- Remember coaches, committee members and supportive parents are volunteers, they are doing it for your benefit, abuse them you lose them.
- Any individual who, in the opinion of the coaches is disrupting the training session or distracting the group **will** be asked to return to the stands and will take no further part in that evening's session.
- Continually disruptive behavior may result in an athlete being refused permission to train.
- **BEFORE TRAINING**
 1. Turn up on time, training starts at 7.00 PM and finishes at 8.30PM so please make every effort to turn up 5 minutes before the session begins.
PARENTS: Please make sure you are there at the end of the session to collect your child. If your child is under the age of 10 then you should be present throughout the session.
 2. Attend on a regular basis, there is always someone else waiting to join (registration is performed during your training session). If you miss more than 4 sessions without contacting any of the coaches you may be asked to go through the induction, before you can rejoin your group. You may also be required to re-start the athletics 365

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program, this is to insure that you are working at the correct level for your ability., and that you have the necessary foundation skills to achieve in Athletics 365.

3. Wear appropriate attire for training and the conditions. (Training is not a fashion show and you will feel more comfortable). The club will provide a list of kit requirements. You could be training both indoors and outdoors on the same night. Where possible you will be notified in advance.

4. Please make sure that you have footwear that is suitable for athletics,(indoors and outdoors) and that laces are tied properly. Before using the track and sports hall trainers must be clean.

5. Remove any chewing gum before training, in the bins provided (chewing gum whilst running is dangerous).

6. Please bring a drink to all training sessions. We do not provide water.

- **TRAINING**

1. Your coaches spend time planning your session, please listen and always follow their instructions.

2. On the track always warm up and down in the outer lanes (6, 7 & 8)

3. During each exercise stay with your assigned coaches and groups. Do not mix with other groups (plenty of time before and after to catch up on the news)

4. Do not do anything that would place you, your fellow athletes or the coaches at risk of harm/injury, and always listen to your coach. We don't want anyone getting hurt.

5. If you're running hard and someone is in your way shout 'TRACK' they should get out of your way, but be prepared to run around them. (indoors and outdoors)

6. If someone shouts 'TRACK' move over immediately to the right, we don't want people getting hurt. (indoors and outdoors)

7. Do not use the inner grass area inside the track unless instructed to by your coach.

- **TRAINING (AWAY FROM TRACK AND SPORTS HALL)**

1. Always stay within close proximity of any coaches and always follow their advice

2. If out on the road always be aware of moving traffic, respect others including pedestrians

3. Be seen, if out at night wear the appropriate bright clothing. Reflective bibs will be provided

- **BANNED SUBSTANCES**

1. Smoking and the consumption of alcohol or drugs, of any kind at the track, during training sessions or whilst representing the Club is not allowed.

FINALLY

The Coaches have made the effort to train you and the committee makes the club tick, and we ALL do this voluntarily, please make an effort to show your appreciation by attending at least one of the four Avon League meetings during the summer.