



Stratford upon Avon Athletics Club Track Rules

Updated January 2022

- The track is on Stratford School property and is **not** a public facility.
- Club members are only entitled to use the track during SUAAC's designated times

The Track is booked for Stratford upon Avon AC use on:

- Monday 6.30pm – 9.00pm (2.5 hours)
- Tuesday 5.30pm – 8.30pm (3 hours)
- Thursday 6.00pm – 8.30pm (2.5 hours)

General

- **No cycling, skating or skateboarding etc** on the track or surrounding area.
- **No dogs** (apart from guide dogs) allowed on the site.
- **All users/visitors** are reminded that smoking, prohibited substances and consuming alcohol are totally banned across the entire school site.
- **No parking** near the track to protect the young athletes. Park only in the designated parking areas.
- **The track** should be left clear after training at all times. All equipment including Hurdles must be stored in the storage container and Steeplechase Barriers to be put to the side of the track.
- **No ball games** are permitted near the track.
- **For safety reasons and as a courtesy to other track users**, radios, mobile phones, personal stereos etc should not be used within the track or indoor sports hall environment.
- **All rubbish and litter** must be placed in the bins provided or taken home for disposal.
- **Jump pits & the High Jump bed** must be left tidy e.g. the pit is dug/raked, the surrounding area/runway fully swept and the covers replaced.
- **Maximum spike length 6mm.**

Athletes

- **No Junior athlete** is allowed to train at the track unless they are accompanied by a suitably qualified coach who is fully conversant with the respective events including safety procedures for insurance and Health & Safety reasons.
- **Senior athletes** may train unaccompanied **at their own risk** but they should be accompanied by a colleague who is fully conversant with the respective events including safety procedures and in case of an accident.
- **Be aware** of other athletes and their abilities and others using the track. Use the "Green Cross Code" i.e. do not cross the track until you are sure that there are no runners approaching and move quickly across.
- **Do not cross the grass area in the middle of the track (the infield) without the permission of your coach.**
- **Warm up / recovery laps and walk backs** should be completed in the outer lanes (4, 5 & 6) or outside of the track or on the grass.
- **Warm up laps** to be completed in a clockwise direction, so training athletes can be seen. Stretching should be done off the track.

Juniors : Use the toilet if required before training starts or after the warm up. If you are in desperate need of the toilet during training ask permission from your coach and only then if permission is granted go at least in pairs and return quickly.



CODE OF CONDUCT FOR ATHLETES

- Arrive for training and events in good time to prepare thoroughly.
- Turn up with appropriate kit for the activity and the weather
- Train to the best of your ability and for fun and enjoyment – not just to please your parents and/or coach.
- Learn and participate by the rules.
- Bring a positive attitude to training and competitions.
- Talk openly to the coaches and respect them. Do not argue with your coach and support team or officials at a competition - use your energies for performing.
- Recognise and applaud all good performances.
- Be a good sport – win modestly, lose with dignity.
- Respect other people - treat them as you would wish to be treated.
- Respect and co-operate with coaches, fellow athletes and opponents.
- Inform the coach of any injury as soon as possible.
- Inform the coach if you need to leave the site early.
- Inform the coach if you will not be attending a training session
- If you are selected to compete for the club have the courtesy to inform the team manager/coach if you will cannot attend in good time, not at the last minute
- Continually be thinking about how you can improve your skills after training and competition - please ask for support and help if you need it.