

YOUNG ATHLETES IMPORTANT INFORMATION FOR YOUR ENJOYMENT AND SAFETY:

YOUNG ATHLETES AS A MEMBER OF LONDON HEATHSIDE
YOU AGREE TO THE CODE OF CONDUCT.

YOU WILL:

- Participate fully, and be a good teammate.
- Show respect for the your fellow athletes, competitors coaches and officials at all times.
- Follow the rules of the track and the guidance of the coaches/ officials at all times during training and competition.
- Learn the rules and compete by them. Accept the official's decision without getting angry.
- Tell the coach if you aren't feeling well, if you have any aches and pains (injuries) or if you are finding the training too difficult. THIS IS VERY IMPORTANT. This won't necessarily mean you can't train but the coach will be able to modify your training accordingly.
- Always let the coach know when you are leaving the track or venue. You will only be allowed to leave on your own if previously agreed with your parent/carer and the club.
- Let your coach know if you are going to be absent or late for training.
- Do not smoke or consume alcohol or illegal drugs during training or competition.
- **ENJOY YOUR ATHLETICS!**

ATHLETICS TRACK RULES

An athletics track is not a playground and can be a dangerous place – especially during the summer months when the track can get quite busy. Please read the following track rules carefully and follow them at all times:

1. **Follow the guidance of the coaches and officials at all times.**
2. Always warm up and warm down using the OUTSIDE lanes.
3. Use the inside lane ONLY for timed speed sessions, under guidance from a coach.
4. NEVER walk or run across the in-field – the in-field is for throwers only.
5. Be CONSIDERATE and look out for other athletes.
Remember the straight can be used in both directions.
6. NEVER jump the hurdles in the wrong direction.
7. Only take part in jumping and throwing practice under supervision of a coach.
8. Always jump or throw one at a time and WAIT YOUR TURN.

NEVER:

- Throw towards anyone
- Stand in front of someone about to throw
- Collect implements until ALL have thrown
- RUN carrying a javelin

ALWAYS:

- Look before throwing
 - Collect implements together
 - Carry javelins VERTICALLY (upright)
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