

# MACCLESFIELD HARRIERS & ATHLETIC CLUB

## Junior Athletes: Club Rules

Macclesfield Harriers and Athletic Club is a fairly large friendly club which is actively involved in a number of disciplines: Cross Country, Road and Fell Running, as well as Track and Field and indoor athletics. As a club member you are expected to show **commitment** to regular training and willingness to **compete** for the club when selected.

It is important that everybody in the club is aware of the general rules and is treated respectfully; and in turn is respectful to others.

There are specific rules for training or competing when taking part in Track and Field (see Track and Field rules - in the track pavilion).

However, there are some general rules which you should observe:

### Please Do

- Arrive on time for training sessions, competitions or departure times to events
- Notify your team manager that you are available for competitions in good time and indicate how you will be travelling
- Pass on any communication from the club to your parents or carers - ensure that you read the weekly flip chart in the track pavilion and check the notice board
- Act in a safe and responsible manner during training and when competing. Be aware of potential risks, especially when other activities are taking place and obey your coach, team manager or official in charge
- Compete within the rules, respect your fellow competitors and the officials and their decisions
- Ensure that you advise/remind the person in charge of you of any medical condition/problem that you suffer from
- Wear your club vest/shorts/appropriate shoes and any numbers/identifying marks with pride when representing the club. Additionally, ensure that you have adequate clothing/protection for cold/wet/hot weather plus food, drink and money as necessary
- Sign in at the start of each training session
- Enjoy your sport

### Please Don't

- Drink alcohol, spit, swear/use inappropriate language or smoke in or around the club premises or competition arena
- Have switched on or use mobile telephones in the competition arena
- Leave the training session or competition arena with anyone who is not known to you. Ensure that somebody is going to pick you up from the immediate area of the session and at the appointed time. If nobody arrives report back to your coach/team manager

Bob Lynch: Welfare Officer Tel: 01625 829229

Last reviewed: December 2019