

Athletics Nelson Children's Track & Field CLUB RULES and CODE OF CONDUCT

Parent Involvement

Athletics Nelson is run by a team of volunteers and cannot operate without the help of parents.

The Committee are all parent volunteers who are there because we want to see children enjoying athletics.

All parents/caregivers are expected to assist on club nights and at interclub events. We want the club to be a success and we appreciate your help and support with this.

We encourage participation by athletes of all abilities and focus on achieving personal bests

Supervision

Athletes must be under the supervision of a parent/caregiver at all times.

All parents/caregivers, please be aware that we do not take a roll call each week, so if your children were to leave the track, or be dropped off but not turn up, we would have no idea of their whereabouts.

We do not supervise children once they have left Saxton Athletics Track at the conclusion of club night.

Athletics Nelson accepts no responsibility for unsupervised children.

Behavior

Good behavior and co-operation from all athletes and parents/caregivers is essential to enable the smooth running of the club night programme.

We expect fair play by all athletes & parents.

Repeated misbehavior will result in a child being suspended from athletics.

Safety

Please no athletes on the track before 5.30pm Thursday's as senior athletes can be training & timing themselves

Athletics Nelson does not accept responsibility for any accident, injuries sustained, loss or damage to person or property.

Equipment

All equipment must be used in the correct manner, especially the Shot Puts and Discus.

Parental supervision of both Shot Put & Discus is needed at all times.

All-Weather Track Rules

Bare feet, socks or lightweight running flats can be worn on the track.

Spikes can be worn by those *Grade 10* and over.

Spikes must be 7mm or under and must be cones, pyramids or Christmas trees.

Pins and needles are not allowed.

- ▶ The track is a road. When entering the track, always look both ways. Do the same when entering the infield or jumps areas.
- ▶ No running, jogging, or walking in lane one or two, unless you are racing.
- ▶ Warm up on the infield only.
- ▶ No standing around on the track. Go to the infield.
- ▶ Don't leave any gear on the track. Put it in on the infield.
- ▶ No food or drink is to be brought into the track and field venue. Water is fine. Soft drinks and energy drinks are harmful to the track.