

## **ST. ALBANS AC – CLUB RULES**

1. Athletes to arrive promptly at start of session and be equipped ready to train
2. **ALL** athletes must sign in at the start of each training session
3. Use of mobile phones not permitted during training sessions
4. All surplus kit, outside clothing, phones, snacks to be kept in a named sports bag for safety and to cut down on lost property
5. Athletes must not leave the training area without prior permission from coach
6. All training equipment should be returned to the portacabin at the end of training
7. Athletes to be picked up promptly at the end of the training session and Yr6 and under must be collected from trackside and not the car park
8. Please listen to and follow instructions given by coaches and volunteers and treat them with respect
9. Please treat fellow athletes as you would wish to be treated
10. Bad language should not be used under any circumstances
11. Smoking, drinking alcohol or drug taking will not be permitted during training sessions or competitions or whilst wearing club kit
12. Malicious use of social media will not be tolerated

**PLEASE REFER TO THE FULL VERSION OF THE ATHLETES CODE OF CONDUCT ON THE CLUB WEBSITE**