

## **TRACK DISCIPLINE**

- Areas are allocated for different events. Please stay in your own areas.
- Under no circumstances cross the arena.
- No ball games are allowed.
- Do not leave bags or other materials on the inside of the track.
- Place all litter in containers.
- Strictly follow the instructions of coaches.
- Warming up and recovery sessions can take place outside the arena on the outer track and facilities.
- There is a station adjacent to the track for strength and stretching purposes. Please use this only under the supervision of coaches.
- There is an adjoining Fitness Trail, steps, gradients and additional stations. Use these only under the instruction of coaches.
- When training is over please vacate the arena.

### **PARENTS, SPECTATORS AND NON-TRAINING ATHLETES SHOULD STAY OUTSIDE THE BARRIER SURROUNDING THE ARENA**

**Please note; the university has a policy of NO DOGS on campus, except for guide dogs**

**There may be occasions when temperatures fall close to freezing and Sporting Edge may decide to close the track on Health & Safety grounds. If you feel this is a possibility please telephone Sporting Edge on 01695 584745 to avoid an unnecessary journey**

February 2017

This leaflet will be subject to change



## **A GUIDE FOR PARENTS & ATHLETES**



Liverpool Pembroke & Sefton H&AC is a club with a long history and high standing within athletics. The function of the club is to prepare athletes for competition in leagues, championships and other forms of competition. The club is open to Year 6 pupils and above, irrespective of ability. The only demand is that individuals train regularly and prepare themselves for competition appropriately.



LPS is a CLUBMARK accredited club. This means that England Athletics and Sport England have recognised that the club complies with their minimum operating standards in 4 main areas, the Coaching Programme, Duty of Care and Safeguarding, Knowing your Club and Community and Club management

## **CODES OF CONDUCT**

### **COACHING**

We are committed to providing first class coaching in a quality environment. Coaches are bound by the Code of Conduct for coaches as laid out by the governing body, UK Athletics. All coaches have passed enhanced DBS (Disclosure & Barring Service) checks.

## **PARENTS AND CARERS**

As a responsible parent/carer you will:

1. Take an active interest in your child's participation and ensure transport to competition venues.
2. Ensure your child arrives punctually and with appropriate clothing/kit.
3. Inform coaches of any disability, medical requirements or constraints that might prevent them from taking part fully in the sport.
4. Inform the coach if your child is unwell or unavailable for training sessions.
5. Know exactly where your child is at all times.
6. Report any concerns about your child's welfare immediately to a Club Welfare Officer:  
Wally Bridson 0151 520 1325 [bridson\\_m@tiscali.co.uk](mailto:bridson_m@tiscali.co.uk)  
Libby Wilson 01704 228461 [libbywilson2016@gmail.com](mailto:libbywilson2016@gmail.com)
7. Ensure club subscriptions and track fees are paid promptly.

## **YOUNG ATHLETES**

As an athlete you are expected to:

1. Turn up regularly and on time.
2. It is essential that you report in on arrival. This is a health and safety issue, as it is imperative that we know all those who are on site in case of an emergency
3. Prepare for competition under the guidance of the coach.
4. Behave correctly and treat others with respect.
5. Report to the coach if you are feeling unwell or are unable to train or compete.
6. Never accept lifts or invitations without the prior consent of your parent or carer.
7. Ensure you understand track disciplines and follow these exactly.