

5. CODE OF CONDUCT – ATHLETES

Information for all members (and non-members using the facilities on a club night)

In the interest of Health & Safety, the Club requires that athletes and parents read and comply with the following guidelines for the use of all athletic facilities at the John Charles Centre for Sport. These are dedicated training facilities and therefore all athletes are instructed to conduct themselves in a proper manner.

Coaches are responsible for the athletes in their groups, ensuring that all their athletes are aware of This Code of Conduct and help the club to enforce these guidelines.

Club Training Nights

General:

- All athletes are required to sign in at the Club desk when they attend a training session on club nights. This is a requirement for Health and Safety regulations and not signing in may cause serious security risks.
- All athletes are required to pay for the use of the facilities. For members this is linked to the membership of the club and is either an annual or monthly payment. Non-members using the facilities on club nights must pay Leeds City Athletic Club, by card to use the facilities when signing in. Any non-payers will be asked to leave. Regular offending non-payers will be refused entry into the facilities and asked to train elsewhere.
- Athletes must not enter the hall without their coach being present.
- Boisterous behaviour in the athletic hall or reception area will not be tolerated.
- Footballs, rugby balls etc must not be taken in to the athletic hall, or to the outdoor track and infield, unless specifically instructed by a coach for use during supervised training.
- Headphones of any kind are NOT permitted in the athletics hall or the outdoor track and infield.
- Please use lockers for your valuables and turn off mobile phones, iPads, iPods and any other electrical device whilst training.
- No videoing or photography in the athletics hall or outdoor track and infield without Leeds City Athletic Club permission. This is a safeguarding measure.
- Changing rooms and showers are to be left tidy when you have finished.

Use of Equipment:

- Do not take equipment home.
- Treat equipment with respect and report any damage to your coach or any club official.
- All equipment used during training must be returned to the storage unit immediately after the training session and locked away. It is the coach's responsibility for the safe return of any equipment borrowed.

Indoor Hall:

- Athletes must NOT play on, sit on, or misuse the high jump or pole vault mats.
- Maximum spike length is 5mm indoors and 6mm outdoors.
- Clean footwear only to be worn indoors.
- Do not enter the indoor facility wearing outdoor spikes or muddy trainers.
- Spikes must be removed before you leave the athletic hall. Do not walk around corridors/changing rooms/toilets or reception area wearing spikes.
- Athletes must be supervised by a qualified club coach, level 2 and above, whilst training.
- During training, only athletes and coaches are allowed in the athletic hall. Spectators and unsupervised children must keep out for safety reasons. The only exception being when a coach specifically requests the presence of a parent or guardian (Coach then takes responsibility for that person).
- Do not remove weights or other equipment from the JCCS weights room.
- Do not inappropriately use weights and equipment when training indoors.
- ONLY run in the proper direction on the indoor track which is from the upper sports hall end (i.e near the reception) to the lower sports hall end (i.e near the roller shutter doors).
- Water and Sports drinks (non-fizzy) only, may be taken in to the athletic hall. Hot drinks or drinks without lids are not permitted.
- No food to be consumed in the hall. Chewing gum must be disposed of in a bin before entering the hall.
- Athletes and Coaches must not lift heavy equipment. (Coaches may request equipment from JCCS staff).
- When your training session is over you must leave the athletic hall to make way for the next group

Outdoor Track and Infield:

- When using the outdoor facilities, athletes, coaches and spectators must not walk/run across the track and infield.
- Spectators wishing to use the stadium stands must walk around the tarmac shoulder of the track.
- Do not walk or stand in the way of others on the track.
- Athletes must not enter the equipment storage unit (the Garage), or remove any equipment from it unless they are accompanied by a qualified club coach level 2 and above. Spectators are not allowed to enter the storage unit under any circumstance.
- When your training session is over you must leave the track to make way for the next group.
- The instructions of the Complex Manager and staff are to be followed at all times.
- The Complex Manager is authorised to close the facilities for safety or any other reason he/she deems necessary, and to remove or ban any persons who misuse the

facilities. If the manager is forced to do this, the General Committee will give their full support in order to protect the interest of the other members.

- Run only Anti Clockwise around the outdoor track. IF space allows shuttle runs and drills can be done on a straight in either direction if instructed by your coach.

The club has the right to challenge any behaviours demonstrated that are deemed inappropriate and contrary to this Code of Conduct.