



**ASHFORD ATHLETIC CLUB CODE OF CONDUCT**  
**Approved AAC Executive Meeting January 2010**

1. ALL athletes, coaches and officials (from any club) are to be treated with respect and courtesy, tolerated, nor will bullying. This applies to both home and away venues and whilst on club premises. Athletes must compete with fairness and good grace and thank officials for their help.
2. ALL athletic facilities are **NO SMOKING** environments. The consumption of alcohol by club members (and their families) at fixtures involving those under 18 years of age is not allowed. No food is to be consumed, particularly those indoors.
3. SUITABLE athletic clothing is to be worn at all training sessions and especially at competitions. This includes white shirts with black shorts.
4. TRACK and FIELD Rules and Discipline, a copy of which is listed below must be observed. Athletes are not allowed to cross the central (inner field) area when throwing is taking place.
5. ALL athletes are asked to be punctual for training. Late arrivals can be disruptive to the rest of the team.
6. ANY injuries or illness affecting training should be reported to your coach prior to training. When your Coach or Team Manager should be informed.
7. It is the responsibility of **ALL** coaches and athletes to ensure that all training sessions are conducted in a safe and controlled manner.
8. ALL equipment must be treated with care and respect. In the case of wilful neglect or damage, the replacement cost of any damaged items will be made.
9. Should tracks, run ups and throwing circles become covered in snow/ice or waterlogged the standard of play would increase to HIGH
10. Any accidents, injuries or incidents incurred by any athlete whilst in the charge of Ashford Athletic Club must be reported immediately to the Julie Rose Stadium Duty Manager/Officer and the Ashford Athletic Club Manager on the following nights or the relevant Ashford Athletic Club staff whilst at a competition.





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**TRACK AND FIELD RULES & DISCIPLINE**

***Track Rules***

1. Maximum permitted spike length is 6mm.
2. No spikes are to be worn in the grandstand or inside the building.
3. Lanes marked with bollards should not be used for training purposes.
4. All issued equipment must be returned to a member of staff in the equipment room.

***Lane Discipline***

1. All warming up (stretching etc) must be done in the designated areas.
2. **Lanes 1 & 2** are not to be used for training except race walking.  
**Lanes 3 & 4** are to be used for general group training.  
**Lanes 5 & 6** are to be used for sprinting/hurdling.  
**Lanes 7 & 8** are to be used for warm up/cool down, jog/walk recovery and for use by the general public.

3 Care should be taken when crossing the track to avoid collisions. Athletes particularly youngsters, "**track**" is shouted out, this is a verbal warning that faster runners are approaching and they should slow down to avoid collision.

***Field Event Rule***

1. All throwing event implements will only be issued to qualified UKA coaches or authorised senior athletes.
2. All throwing events can only be practised under the strict supervision of a qualified UKA coach.
3. All throwers must stand behind the appropriate circle or scratch line and remain there until the end of the throw.
4. Throwing shall be suspended while throwing implements are being recovered.
5. At busy times, it maybe necessary to restrict the long throwing events in the- central arena. Athletes should be aware as to the availability of the central arena.
6. Anyone requiring specialist equipment such as pole vault stands, steeplechase water jump etc, must be booked in advance giving at least 24 hours notice
7. All jumps events can only be practised under the strict supervision of a qualified UKA coach
8. The pole vault and high jumps beds must not be used as gymnastic equipment.

If anyone is in consistent breach of any of the above, they will be asked to leave the training area.

