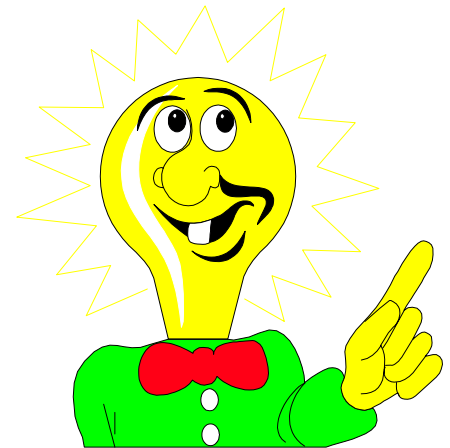
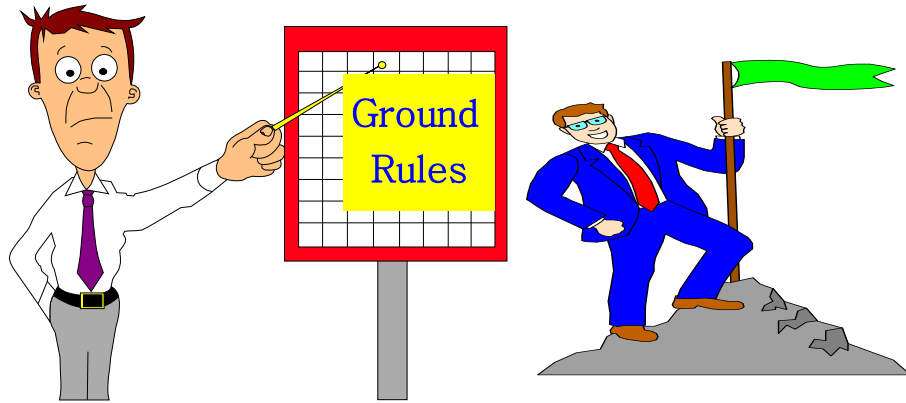


Safety Rules At Vale Royal Athletic Club During Sessions



How Athletes Should Behave at Vale Royal Athletic Club



Treat Athletes & Coaches
How you would like to be
treated!!!

Tie your laces

Make Sure your name is
on the register!!!

Be on time for
sessions

Please do not chew gum!!!

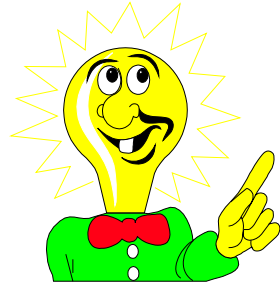
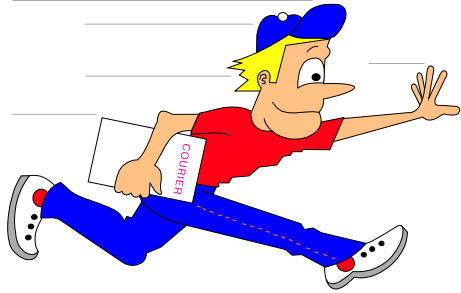
Bring a drinks
bottle

Encourage others
To be organised

Ask questions if you don't
understand

Have plenty of fun!!!

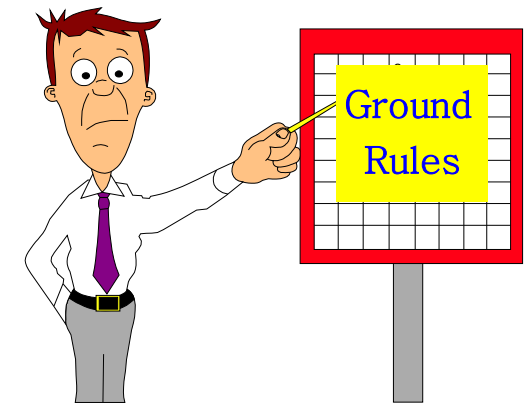
Other Important Things To Remember Whilst At The Club



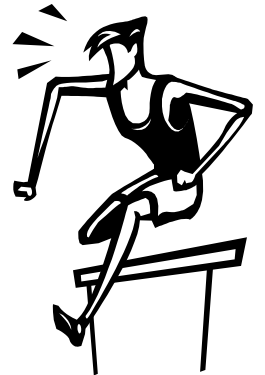
Let the coach know if you have asthma or any other issues that the coach needs to know about

Many sure we have your parents or carers contact details in the event of an emergency

Never wander off from the group you are with - you must stay with your coach at all times



When on the track - look both ways before stepping across any lanes



Use the outside lanes to warm up



Watch out for hurdlers and sprinters travelling at speed

If someone shouts "track" whilst on the track - please move to the right to allow them to pass on the inside or step into middle of the track



SAFETY IN COACHING SESSIONS



Jumps Sessions
Safety Rules

Please make sure you know what you are doing before you jump

Wait for the Coach to say "GO"!!!

Make sure the runway is clear before you start to run

Make sure the coach rakes the long jump pit before you jump

Encourage others to follow the safety rules whilst jumping

SAFETY IN COACHING SESSIONS

Throws Sessions
Safety Rules



Please make sure you know what you are doing before you throw

Wait for the Coach to say "GO"!!!

Make sure the area is clear before you start to throw

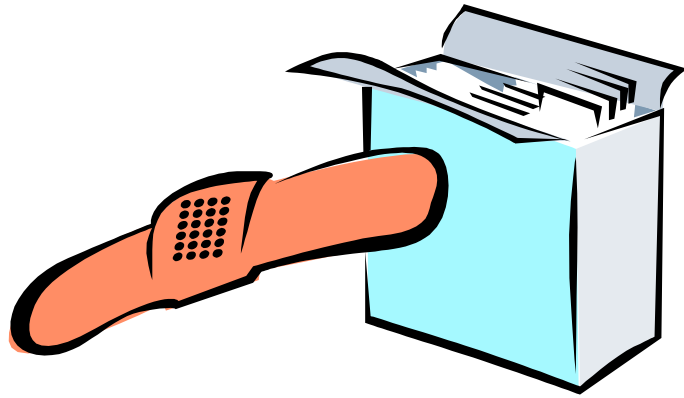
Make sure you always walk to pick up the javelin and carry in the correct manner

Encourage others to follow the safety rules whilst throwing

Coaches At Vale Royal
Athletic Club

Are trained in Life Support
Skills and First Aid

Plus Health & Safety
Awareness



First Aid Kits Are
Available At Club
Training Venues



Risk Assessments Have Been Completed
by Vale Royal Athletic Club and Coaches
Will Abide by the advice
provided by the management committee



Coaches At Vale Royal AC
Will do everything possible
to keep athletes safe...

However, athletes have to
help the coaches too!!!