



Junior Code of Conduct

- Only runners aged between 8 to 11 may attend Monday training sessions
- Only runners between Year 7 (1st year secondary school) and 16 years of age inclusive may attend Tuesday winter junior training sessions
- Shall be fit and well to attend the training session
- Appropriate clothing and running shoes must be worn
- On Tuesday training sessions in winter high visibility running top or high visibility tabard must be worn at all times
- No high visibility clothing = No training
- All juniors shall meet at Lux Park for the start of training and return to Lux Park at the finish of training for all training sessions
- Be present at the start of each training session to be entered on attendance register for Tuesday evening winter training sessions
- Obey instructions given by Coaches/Leaders at all times
- Be well behaved, motivated to train/run, avoid use of bad language and show respect for other juniors and coaches/leaders at all times
- No junior shall leave a training session once started (unless exceptionally agreed by a Coach/Leader and only then accompanied by a parent or guardian i.e. for example in case of illness/injury)
- When running between Lux Park and the actual training venue all juniors shall ensure they stay within a group with a Coach/Leader to the front and to the rear of the group
- Stay on pavement/footpath unless otherwise directed by the Coaches/Leaders
- Not to cross any road or junction unless 'marshalled' across by Coaches/Leaders
- Comply with any disciplinary procedures to be introduced by the Club

April 2014