

CAMBRIDGE & COLERIDGE
A.C.



10 rules for athletes in training and
competition

As a responsible C&C club member, whether you are at Cambridge, or at another stadium, you will not:

1. Enter any training or competition event area unless you are taking part.
2. Stand or randomly wander around on the track, or jumps areas, when others are training, or at the end of your race. There may be other runners finishing, or competitors using the area.
3. Cross the track, or jumps areas, at any time, without looking. You could get spiked by a runner.
4. Enter the grass infield throws area unless you are competing or training with the throwing group. You must stay outside the safety ropes even if it doesn't look dangerous at the time.
5. Play in the jumps pits during training or matches. As well as being an accident risk, it makes a mess.
6. Engage in play activities with other athletes in the training or competition areas, other than if specifically instructed to do so by a coach as part of the training activity. You could cause an accident.
7. Sit on or play on the High-jump or Pole-vault beds when there is no coach or match official present. You might have an accident.
8. Use any throwing implement, or rake, broom etc. except in the way that it is intended to be used and only with permission. You must carry them properly at all times, with awareness of who is around you. Eyes for example, cannot be replaced.
9. Interfere with, or make fun of anyone who is training or competing, or try to make someone laugh when they are trying to throw/jump/run. It's not fair on them – they have the same right to a fair chance as you do.
10. Throw anything such as plastic bottles, balls, water etc. around in the area where others are trying to train or compete. You may cause an accident to someone else.

Think safety, and be fair to others around you.