



 Training Rules in brief

 1. SMALL ENTRANCE ONLY

Arrive early. No climbing or jumping the wall.

 2. SIGN IN & OUT

Everyone signs in. Tell a club official before leaving early. Be on time to collect.

 3. TOILET & DRINK

Toilet before training. Bring drink in with you.

 4. KEEP AN EYE ON YOUNG ATHLETES

Parents of under-8s especially -please stay available.

 5. GARDA VETTED ADULTS ONLY

Only vetted adults inside the training area. Please get vetted.

 6. ONE TRIAL

2 consecutive sessions. One trial per athlete. No past members.

 7. DRESS FOR THE WEATHER

Suitable footwear, layers & tied-back hair. Take all home with you

 8. CHECK WHATSAPP

Cancellations and changes will be posted there.

 9. Show respect to coaches, volunteers and athletes always.

Any issues please let us know we want to sort them.

Happy with all that – register at www.slyneheadac.ie – max 100 juvenile members is 2026 and we are at 76!