



TRAINING RULES & GUIDELINES

WELCOME TO SLYNE HEAD AC

We want every athlete to enjoy training in a **safe, positive and welcoming environment**. Unsportsmanlike behaviour is not tolerated.

Please take a few minutes to read these important guidelines. Your cooperation helps our coaches spend more time coaching and ensures that everyone can train safely.

THE 8 THINGS YOU NEED TO KNOW

1. USE THE SMALL ENTRANCE ONLY

No wall jumping or climbing.

Entry and exit are through the small entrance only.

2. SIGN IN & OUT

All athletes must be signed in before training.

Juvenile athletes must tell a club official before leaving the training area and may only leave through the small entrance once approved.

3. TOILET & DRINK

Please use the toilet **before training** wherever possible.

Bring your drink with you when entering the training area. Only drinks are permitted in the training area.

4. YOUNGER CHILDREN

Parents/guardians of younger children, particularly those **under 8**, should remain available in case their child becomes tired or needs to finish early.

Please be present to collect all athletes promptly when training ends.

5. 🇮🇪 GARDA VETTING

Only **Athletics Ireland-vetted** coaches, volunteers and parents may enter the training area.

Unvetted adults must remain **outside the wall** unless specifically invited and supervised by a coach.

We encourage parents to become Garda vetted so they can help the club when needed.

6. ★ TRIALS

A trial consists of **2 consecutive training sessions**.

One trial per athlete only.

Trials are not available to previous members or anyone who has previously completed a trial.

7. 🧥 DRESS APPROPRIATELY

Wear suitable athletics clothing, proper footwear and **layers suitable for all weather conditions**.

Long hair should be tied back and kept away from the face.

8. 📱 CHECK WHATSAPP

Please check the club WhatsApp group regularly.

In the rare event that training is cancelled or changed, details will be posted there.

🕒 BEFORE TRAINING

PLEASE ARRIVE EARLY

Ideally, athletes should arrive **10 minutes before training**.

A proper warm-up is essential. Arriving late means athlete missing valuable training time while they warm up.

📌 ENTRY, EXIT & SIGN-IN

All athletes must be signed in at the **small entrance** before training.

PLEASE DO NOT:

- ✗ Climb over the wall
- ✗ Jump the wall
- ✗ Leave early without telling a club official

Once parents have signed their athlete(s) in, please move away from the entrance area to prevent congestion.

WHO CAN ENTER THE TRAINING AREA?

Only authorised personnel may enter the training area:

- Coaches
- Training athletes
- Athletics Ireland-vetted parents and volunteers

All adults who coach, assist, supervise or train alongside juvenile athletes must be Garda vetted.

WANT TO HELP?

We would really appreciate more parents becoming Garda vetted. This allows you to help with supervision and lend a hand when needed.

Garda vetting forms are available from **www.slyneheadac.ie**.

Please return completed forms to a club official together with:

- Proof of address from the last 6 months
 - A copy of valid ID
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RESPECT THE PARK

For everyone's safety:

- ✓ Follow coaches' instructions
- ✓ Take care when crossing the track
- ✓ Give fellow athletes enough space
- ✓ Keep personal belongings off the track
- ✓ Wear appropriate footwear
- ✓ Use club equipment responsibly
- ✓ Return equipment after use
- ✓ Keep the facility clean
- ✓ Take all belongings home after training

SUPERVISION OF YOUNG ATHLETES

Children, particularly those **under 8**, can tire quickly during some sessions.

Parents/guardians **must remain available** if their child is unable to complete a session.

Parents/guardians must also be present to collect their athlete when training finishes.

The club cannot store personal belongings, so **please make sure everything goes home with your child.**

TOILET ACCESS

Our toilets are in the hall.

To minimise disruption to training:

Please **use the toilet before training.**

If an athlete needs to use the toilet during training, they must first seek permission from a club official.

Club officials will ensure appropriate safety and supervision where necessary.

Garda-vetted parents are asked to assist with supervision.

SAFETY & RESPECT

Athletes are expected to:

- ✓ Warm up and cool down properly
- ✓ Report injuries or incidents immediately
- ✓ Listen to coaches and club officials
- ✓ Respect fellow athletes
- ✓ Behave safely and appropriately
- ✓ Give other athletes enough space

Unsportsmanlike or disruptive behaviour is not tolerated.

Training may be cancelled or changed because of adverse weather or other circumstances.

 **Please check WhatsApp for updates.**

★ TRIALS & MEMBERSHIP

TRIAL

2 consecutive sessions

One trial per athlete only.

Not available to previous members or anyone who has previously completed a trial.

MEMBERSHIP

Juvenile membership is capped at **100 members for 2026**. More coaches/volunteers will be needed for this to change in 2027. Once we reach this number you will be placed on a waiting list and notified if a space becomes available

Registration is through www.athleticsireland.ie

THANK YOU! 💙

Thank you to all our athletes, parents, coaches and volunteers for helping us create a **safe, respectful and enjoyable club environment**.

Your cooperation makes a real difference.

🏃 **Slyne Head AC Committee, coaches and volunteers**