

GLENMORE AC RULES & REGULATIONS

- * All athletes must make every effort to be on time for Tuesday and Thursday evening training sessions.
- * Warm ups are an integral part of training to avoid injury.
- * During the cross country season, all athletes must make every effort to compete at race meetings on Sundays. We train together to compete as a team together.
- * Athletes must participate in designated activities at training unless injured.
- * The use of bad language, spitting, physical assault, verbal abuse or name calling is unacceptable.
- * Athletes are requested to respect their fellow athletes, officials, competitors and coaches.
- * The track is not to be used during school hours.
- * Juvenile club training nights take precedence over individual training and outside groups.
- * No adult training during juvenile sessions.
- * Equipment is for training and competition use only and no abuse will be tolerated.
- * All equipment must be returned after training session unless sanctioned by coach.
- * Children must also be accompanied to and from training sessions by an adult and must be collected promptly afterwards.
- * Disabled parking spaces to be used by permit holders only at all times.
- * Guide dogs only allowed.
- * Athletes must wear appropriate training gear.
- * Athletes who compete in races must wear a Glenmore singlet, black/white shorts.
- * Everyone using the facilities at Glenmore must be registered.
- * All coaches and mentors must do the child protection course and be Garda vetted.
- * All juvenile athletes are advised that if they have any concerns for their safety, the child welfare officers for 2014 are:

Barry Reilly

Mary Quinn

The club is affiliated to Athletics Association of Ireland and adheres to the Irish Sports Council's Code of Ethics