

**Irvine Running Club**  
**Guidance and Code of Conduct for Young Athletes**

1. Age                    The minimum age for Young Athletes/membership is 9 years.
2. Instructions        All Young Athletes shall follow the instructions of Coaches and Adult Helpers and in particular Young Athletes should not leave the running track during training without first notifying a Coach/Adult Helper.  
*Be aware that Young Athletes cannot train unless there is a supervising Coach/Adult Helper present.*
3. Behaviour        Any Young Athlete found to be behaving in an inappropriate manner, for example bullying, misbehaving, being rude or aggressive, disobeying Coaches/Adult Helpers or participating in 'horseplay' will be cautioned about their behaviour .
4. Follow Up Action    If a Coach/Adult Helper judges that a Young Athlete's behaviour requires further action, the following actions may be taken:
  - a. Exclude the individual from the remainder of a training session
  - b. Contact the parents/guardians and advise that the individual's behaviour is unacceptable.
  - c. Exclude the individual from subsequent training sessions for a period of time.
  - d. Withdrawing club membership.
5. Electronic Equipment Mobile phones must be switched off and iPods/Media Players are not permitted during training.
6. Clothing. Young Athletes should come prepared with the appropriate clothing for training and to reflect the weather conditions; it is suggested :
  - a. A quality pair of running trainers.
  - b. Warm and waterproof clothing, especially in winter.
  - c. Shorts during summer.