**Induction Memoir**

**Athlete Assessment**

* Age, gender:
* Training Age: Ability, Agility, Balance, Co-ordination
* Current exercise levels: Duration / Speed / Distance

Determine what group they need to go in!!

**Preparation & Participation**

* Read the Code of Conduct & sign in if a guest or a junior (including disclaimer if 16 or over).
* Safety of all is paramount
* Pay attention to coach’s instructions
* Be prepared for weather conditions - right kit, bring drink especially in hot weather.
* Athletes are responsible for their own belongings / valuables, we can’t fully supervise items left at side of track / in the park.
* The sessions start at 6pm, if late get permission to join session - don’t just join in, similarly if leaving a group part way though tell coach.
* Generic sessions, athletes need to take responsibility for how they run.
* Accident reporting, to coaches
* Allowed up to 3 sessions before deciding on membership, first one free

**Welfare:**

Paul Webster 01332 691825

Christine Purslow 01283 546136

**Track Etiquette**

1. **Run in the correct lanes & direction, as detailed by coaches or assistants.**
2. Pass on the outside of the lanes you have been designated to run in.
3. **No standing around on the track**, it’s for running on.
4. When you have finished your lap etc, **run through the line step off track to right ideally**. But look around you. **Do not just stop in the lane!**
5. Always look before crossing the track, it gets very busy.
6. If someone is in the way whilst you are running the word ‘**TRACK’** should be shouted. If you hear the word ‘TRACK’ have a look around, **it could be aimed at YOU!!**
7. If there is a problem or see you a potential problem see one of the coaches or assistants.
8. Our Session finishes at 7pm, respect those that are on the track next.

Any questions or queries, to the coaches or assistants.