



## Swanley and District Athletic Club

### PANTHER CLUB RULES

- HAVE FUN!
- Respect your fellow athletes
- Encourage *everyone*
- Do not argue with each other
- Listen when you are given instructions and ask questions at the end
- When people are new or struggling, we must encourage them and cheer them on.
- Always bring a drink with you and drink plenty in the 2 hours before training
- Bring a warm top with you for warm up and cool down
- Always wear your club T shirt

Abide by the rules of the track -

- Warm up in outside lane *unless* told otherwise
- Do not run in groups talking
- Run in the first lane - let others overtake you
- If you need to stop, hop onto the grass do not just stop on the track
- When you finish running **always** go onto the grass, then check the track before crossing

