

Members should be aware of the following Club rules:

### **Membership**

Membership is open to everyone subject to approval and discretion of the Lara Athletics Club committee.

All members must participate in at least 6 events for any given year and one of those events must be a 10km race.

Lara Athletics Club vests and any other running attire that is provided by the club will also be issued at the discretion of the Committee and remains the property of Lara Athletics Club and should be returned should your membership be terminated for whatever reason.

### **General**

All runners must be eligible as currently laid down by ASA rules.

Any runner found to have taken drugs prohibited by the ASA will be disqualified and reported to ASA. It should be noted that if confirmed this could lead to a ban as prescribed by ASA rules and regulations

License numbers must be worn on the front and back of the vest as issued, i.e. not mutilated or folded in any way. The license number must be so worn that it is visible at all times. Failure to comply may lead to immediate disqualification.

Lara Athletics Club name and logo must be visible on the running vest

### **Clothing**

In all races, runners must wear the prescribed running attire as supplied by Lara Athletics Club without exception. Failure to do so could result in suspension.

### **The Course**

All runners must follow the course as designed and follow the normal rules of the road except where otherwise instructed by the Police or Local Authority.

Where any part of a road used for a race is open to traffic at the same time as the competition is in progress, a runner must remain on the left hand half of the road(unless directed otherwise by the Police or a race official).

The race referee has the power to disqualify any runner who does not follow the correct course or the instructions of the Police and race Officials.

### **Entries**

Every entry for a race shall be made by the participant without any assistance from the Club unless otherwise advised.

Payments for entries are for the participants own expense and the club shall not in any way be liable for any reimbursements unless this was preapproved by the committee.

## **Medical Treatment**

Each member is responsible for his/her own medical costs in the case of injury or illness. Lara Athletics Club shall not be held liable for any of these costs and your acceptance of this constitution and the rules and regulations of the club indemnifies the club from such.

## **The Athlete: Code of Conduct**

As a responsible athlete you will:-

Treat others with the same respect and fairness that you would wish to receive

Uphold the same values off the field as you do when engaged in athletics

Anticipate your own needs, be organized and on time

Thank those that help you participate in athletics

Show patience with and respect diversity in others

Act with dignity at all times

Avoid destructive behavior and leave athletics venues as you find them

Never engage in illegal or irresponsible behavior

Speak out immediately if anything makes you concerned or uncomfortable or if you suspect a club mate has suffered from misconduct by someone else.

**ALWAYS REMEMBER THAT YOU ARE NOT JUST REPRESENTING THE CLUB BUT ARE THE IMAGE OF LARA ATHLETICS CLUB.**

**I read and understand Lara AC rules as well as the code of conduct**

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Member name and surname

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Member signature

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Date