

# RULES OF ATHLETIC INVOLVEMENT



## Introduction

All members of SAMA when acting as officials in any capacity are volunteers, therefore for SAMA to function efficiently and effectively, individuals must accept responsibility for their own actions. To prevent injury to SAMA members and the general community and to avoid claims of negligence and limit liability on the part of SAMA we require all members to observe the following rules.

## General

- Competitors must ensure they have an adequate level of fitness to compete
- Any athletic activity involves inherent risks and may lead to over exertion, sprains, strains and even fractures. Competitors should compete with possible adverse outcomes in mind and take all reasonable precautions to avoid them
- Competitors should notify SAMA of any medical condition that may be of importance when they are competing
- Competitors must supply an emergency contact phone number
- Competitors should take notice of the SAMA Hot Weather Policy. *“All summer competition will be held in the evening to avoid the heat of the day. Further, as sprint event competitors are less affected by heat than those in endurance races, sprint events will take place at the start of the programme with the longer races at the end of the meeting when temperatures should be lower.”*
- If a competitor sustains an injury or illness while participating, they authorise officials to organise medical attention as deemed necessary. Competitors are personally responsible for any expenses incurred as a result including transportation, hospitalisation etc
- Competitors and officials must not engage in any activities that may lead to harassment or discrimination

## Winter

- All precautions should be taken near the hot water facility
- In inclement weather precautions should be taken to avoid getting wet and cold when not competing
- Competitors should take part in events with an awareness of the course conditions regarding any slippery areas, sections of uneven ground or possible traffic on a road circuit
- When competing on road circuits competitors should
  - observe traffic lights
  - remain within 1 metre of the kerb on the right hand side of the road
  - turn left from this position to the far side of the road at junctions. Do not cut across the corner
  - ensure vehicles sharing the road are aware of your intention to cross a road and only do so if it is safe
- When competing on footpaths competitors should
  - share the footpaths safely with other users including pedestrians, cyclists, rollerbladers, prams etc
  - be aware of dogs and do nothing to antagonise them
  - at some venues, be aware that snakes may be present

## Summer

- Due care should be taken when crossing the track; both directions should be checked for competing athletes
- Competitors going to other areas of the track should not cross throwing areas in use
- Competitors in races conducted in lanes should not cross out of their lane at the end of the race, until it is safe to do so
- After competing in a race, competitors should move out of the path of those still competing
- Javelins, discus, shot, weights and hammers can be dangerous projectiles and competitors should only use them as directed and also after having checked that the throwing area is free of people