



Kamloops Track and Field Club Training Commitment

All members of the Kamloops Track and Field Club, athletes are required to agree to the following training commitment as part of the registration process:

- As a condition of my membership, I agree that I will only train for track and field with Kamloops Track and Field Club coaches during the assigned training times.
- I will not train with outside coaches or trainers without the expressed consent of the Kamloops Track and Field Club President who will discuss this with the Board of Directors.

**Note that training with official school coaches and teams (i.e. elementary and secondary schools and university coaches) is exempt from this requirement.*

To hold an athletic membership with the Kamloops Track and Field Club, athletes may only engage in track and field training with official Kamloops Track and Field Club coaches.

This policy is in place to:

- Help foster a tight-knit community to better protect athletes from overtraining and injury
- Ensure athletes receive consistent and coordinated advice and ensure a safe sports environment as mandated by BC Athletics for club athletes.
- Ensure training is conducted in an open and observable safe environment.
- Ensure coaches undergo a background screening at regular intervals and undergo regular safe sport and ethics training as mandated by BC Athletics and Athletics Canada.
- Note the following coaching/training arrangements are not affected by this policy:
 - Training with a K-12 school coach as part of the athlete's school training program
 - Training with a university coach during and after the collegiate season; and
 - Training for another sport (i.e. soccer, hockey, swimming, etc.)
- Ensure athletes' proposed coaching/training and other circumstances would provide a net benefit in working towards the Club's goals and objectives.

Individual exceptions to the above arrangements are not permitted and any requests must be pre-approved by the Club President who will discuss any requests with the Board of Directors.

Consequences for not complying with this policy:

Athletes who are determined to not follow this policy will have their Club membership terminated, will not be eligible for Club teams, and will not be eligible for travel or BC Team funding. Club membership dues will not be refunded.