

South Australian Amateur Walkers Club Inc.

Program and Policy Booklet Winter Season 2013

20th March 2013



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1.0 Information about the Club

Welcome to the South Australian Amateur Walkers Club Inc. (SAAWC) trading as the South Australian Race Walkers Club (SARWC).

The SAAWC operates a Winter Season open to all age groups 7 years and above and abilities typically between April and September on Saturday afternoons.

Race Walking while promoting fitness and competition is also about fun. All club competition is conducted in accordance with the rules and regulations of the International Association of Athletics Federations. However, walkers participating in club races can also walk under 'Club Rules' which offer a more relaxed interpretation of race walking, suited to beginners, some older walkers or walkers with a disability.

Meets are held within the picturesque Adelaide South Parklands at the Adelaide Hockey Club Rooms on the eastern corner of Peacock Rd and Greenhill Road.

All are welcome, whether you are a senior athlete, little athletics athlete or someone who enjoys physical exercise why not come along and try or compete in race walking to see if it is for you.

South Australia has a proud history of successful race walking champions; maybe you could be the next.

2.0 History and Evolution

The South Australian Race Walking Club was established in the early 20th century. The date of the formation of the 'original' club is not known but it was certainly prior to the start of the First World War. It is thought that the first club went into recess prior to the outbreak of World War 2 (circa 1939) and reformed around 1950 or 1951. It went into recess again in the late fifties, probably due to lack of participants, before being reformed again in 1962. It has operated continuously since then. The SAAWC Patron, Bill Starr was a member of the Club at the time of reformation and continues to compete to this day.



South Australian Race Walking Club - Champions of Australia 1930

During its existence the Club has had great success winning national honours at many levels. The Club currently boasts the first South Australian race walking Olympian, representatives of Australian Junior and Youth Olympic Teams, numerous past Australian representatives, current underage national champions, two internationally ranked race walking judges and Australian Track and Field accredited race walking coaches.

3.0 SAAWC Policies

For full details visit <http://www.sarwc.org/governance> or <http://www.sarwc.org/our-consitution>

- Constitution
- Program and Policy Booklet
- Registration Form
- Committee Induction
- Weather Policy
- Member and Child Protection Policy
http://www.athleticssa.com.au/wp/wordpress/?page_id=416
- Health and Safety
- Basic First Aid and Injury Report Form
- Risk Management Policy (Under Construction)
- Safety Check List
- Disability Action Plan
- Strategic Plan (Under Construction)
- Marketing Plan (Under Construction)
- Succession and Contingency Plan (Under Construction)
- Letter Head
- Medical Register
- Injury Register
- Permission to use Personal Details Register (Committee)
- Asset Register

3.1 Star Club

SAAWC supports and is currently undergoing star club accreditation. The accreditation allows SAAWC to apply for government grants and through a proven program provides strong governance guidelines. See Office for Recreation and Sport for further details.

3.2 Play by the Rules

SAAWC supports play by the rules online training. The interactive scenarios training are mandatory for all committee members. It is encouraged that all members also consider the free training and interactive scenarios. See Play by the Rules for further details.

4.0 Links (Web Sites)

SAAWC - <http://www.sarwc.org/> or <http://racewalking.com.au/>

Athletics SA - <http://www.athleticssa.com.au>

Mandatory Notification -

<http://www.dcsi.sa.gov.au/pub/default.aspx?tabid=249>

CBS - <http://www.ocba.sa.gov.au/Associations/index.html>

Office for Recreation and Sport - <http://www.recsport.sa.gov.au/>

Play by the Rules - <http://www.playbytherules.net.au/>

ASADA (Australian Sports Anti-doping Authority) -

<http://www.asada.gov.au/index.html>

Willis - <https://welcome2.willis.com/athleticsaustralia/default.aspx>

5.0 Support

The success of SAAWC depends greatly on volunteer assistance at each competition day. The track needs to be set up; officials are needed to judge and time keepers to time the events. If you would like to assist and don't know how please contact any committee member.

6.0 Committee

Title	Name	Email	Contact
Constitutional			
Public Officer	Peter Walsh	kiwi_W@internode.on.net	0407972246
President	Zoë Eastwood-Bryson	thebrysons@esc.net.au	0413311852
Vice President	Peter Crump		
Secretary	Peter Walsh	kiwi_W@internode.on.net	0407972246
Treasurer	Steve Harlington	steve.harlington@gmail.com	0400856795
Patron	Bill Starr	wilestar@hotmail.com	83540231
Competition Director	Peter Crump		
Web Page	Steve Harlington	steve.harlington@gmail.com	8252 7118
Technical Director	Gary Lovegrove		
Honorary Auditor	Capital Accounting (Peter Hindes)	ph@capitalaccounting.com.au	0411508805
Management Council Delegate	Bob Cruise	bob.cruise@bigbond.com	0409254101
Selectors	Peter Crump, Darren Bown		
Committee	Tonia Lewry	tonia.lewry@gmail.com	0417831956
Committee	Paul Steele		
Committee	Gloria Holliday		
Committee	Heather Harlington	hj.harlington@gmail.com	0438527118
Non-Constitutional			
Member and Child Protection Officer	Steve Harlington	steve.harlington@gmail.com	0400856795
First Aid Officer	Rebecca Pelentsov	joshiesummer@hotmail.com	0426239401
Risk Management and Safety Officer	Steve Harlington	steve.harlington@gmail.com	0400856795
Judging Coordinator	Zoë Eastwood-Bryson	thebrysons@esc.net.au	0413311852
Fundraising Coordinator	Rebecca Pelentsov	joshiesummer@hotmail.com	0426239401
Lap Scoring Coordinator	Committee		
Coaching/Event Coordinator	Committee		

7.0 Program

Walks Program - 2013 Winter						
Day	Date	Club Event	Club Distances	First Race Starts	Other Events	Venue
	6 April	Program 10	10/5/3/2 (1)	1.30 pm		Peacock Road
	13 April	Program 10	10/5/3/2 (1)			
	11-14 April				Australian T & F Championships	Sydney
Sunday	14 April				Run Adelaide Half Marathon	
	20 April	Program 12	12/6/3/1.5	1.30 pm		Peacock Road
	27 April	Program 15	15/8/5/3/2 (1)	1.30 pm		Peacock Road
Sunday	28 April	Coaching Conditioning				
	4 May	Knight & Campbell / McFadden Trophy	10/5 & 2/1	1.30 pm		Victoria Park
Sunday	5 May				Greenbelt Half Marathon	
	11 May	ASA State Championship - 1	20/10/8/5/3 (2/1)	1.00 pm		Peacock Road
	18 May	Program 5	5/3/2/1	1.30 pm		Peacock Road
Sunday	19 May	Coaching Session - Active				
	25 May	Program 10	10/5/3/2 (1)	1.30 pm		Peacock Road
Sunday	26 May				Barossa Half Marathon	
	1 June	Club Championship - 1	15/8/5/3/2 (1)	1.00 pm		Peacock Road
Sunday	9 June	LBG Carnival				Canberra
	15 June	Program 5	5/3/2/1	1.30 pm		Peacock Road
	22 June	Rolling 1.5 km Intervals	Maximum 6 times (9km)	2.00 pm		Peacock Road

Walks Program - 2013 Winter						
Day	Date	Club Event	Club Distances	First Race Starts	Other Events	Venue
	29 June	Mountain Championship		1.30 pm		Belair National Park
	6 July	Program 12	12/6/3/1.5	1.30 pm		Peacock Road
	13 July	Club Championship - 2	8/6/4/2	1.30 pm		Peacock Road
	13 July				SARRC 6, 12, 24 hour event	
Sunday	14 July				Tour of Gawler	
	20 July	Interstate challenge	10/8/5/3/2/1.5	1.30 pm		Peacock Road
	27 July	ASA State Championship - 2	30/20/10 (5/3/2/1)	12.00 pm		Peacock Road
	3 August	Timed Walks		1.30 pm		Victoria Park
Sunday	4 August				Fitzy's 5 Fun Run	
	10 August	Program 15	15/8/5/3/2 (1)	1.30 pm		Peacock Road
	17 August	Program 10	10/5/3/2 (1)	1.30 pm		Peacock Road
	24 August	Program 12	12/6/3/1.5	1.30 pm		Peacock Road
Sunday	25 August				Adelaide Marathon	
Sunday	1 Sep				Nationals / 2nd Federation	Tas.
	7 Sep	Beat your Season Best (Program 5)	5/3/2/1	2.00 pm		Peacock Road
	15 Sep				City to Bay	
Sunday	13 October				McLaren Vale Half Marathon	
	October				Australian 100km, 24 hour walks	Melb.
	December				Australian 50km Championship Meet	Melb.

8.0 Event Time, Distance and Age Groups

Program 5		
Time	Event/Age Group	Distance
1:30 pm	5 Km	5 Km
1:45 pm	3 Km	3 Km
1:45 pm	2 Km	2 Km
1:45 pm	1 Km	1 Km

Program 10		
Time	Event/Age Group	Distance
1:30 pm	10 Km	10 Km
2:00 pm	5 Km	5 Km
2:00 pm	3 Km	3 Km
2:15 pm	2 Km	2 Km
2:15 pm	1 Km	1 Km

Program 12		
Time	Event/Age Group	Distance
1:30 pm	12 Km	12 Km
2:00 pm	6 Km	6 Km
2:15 pm	3 Km	3 Km
2:15 pm	1.5 Km	1.5 Km

Program 15		
Time	Event/Age Group	Distance
1:30 pm	15 Km	15 Km
2:00 pm	8 Km	8 Km
2:15 pm	5 Km	5 Km
2:30 pm	3 Km	3 Km
2:30 pm	2 Km	2 Km
2:30 pm	1 Km	1 Km

Interstate Challenge		
Time	Event/Age Group	Distance
1:30 pm	Open, Over 35, Under 20	10 Km
1:30 pm	Under 18	8 Km
2:00 pm	Under 16	5 Km
2:00 pm	Under 14	3 Km
2:00 pm	Under 12	2 Km
2:00 pm	Under 10	1.5 Km

ASA Championships - 1		
Time	Event/Age Group	Distance
1:00 pm	Open/Over 35 Men/Women	20 Km
1:45 pm	Under 20 Men/Women	10 Km
2:00 pm	Under 18 Men/Women	8 Km
2:15 pm	Under 16 Boys/Girls	5 Km
2:30 pm	Under 14 Boys/Girls	3 Km

ASA Championships - 2		
Time	Event/Age Group	Distance
12:00 pm	Open/Over 35 Men	30 Km
1:00 pm	Under 20 Men	20 Km
1:30 pm	Open Women	10 Km

Club Championships - 1

Time	Event/Age Group	Distance
1:00 pm	Open/Over 35 Men/Women	15 Km
1:30 pm	Under 20 Men/Women	10 Km
2:00 pm	Under 18 Men/Women	8 Km
2:15 pm	Under 16 Boys/Girls	5 Km
2:30 pm	Under 14 Boys/Girls	3 Km

Club Championships - 2

Time	Event/Age Group	Distance
1:30 pm	Open/Over 35/Under 20	8 Km
1:45 pm	Under 18 Men/Women	6 Km
2:00 pm	Under 16 Boys/Girls	4 Km
2:15 pm	Under 14 Boys/Girls	2 Km

Timed Walks

Time	Walking Time
1:30 pm	1 Hour
2:00 pm	30 Minutes
2:15 pm	15 Minutes

9.0 Awards

9.1 Awards System

Age as of 31st December.

For each age group male and female the points are;

1st – 10, 2nd – 8, 3rd – 6, 4th – 5, 5th – 4, 6th – 3, 7th – 2, 8th onwards – 1

A walker can nominate (and be counted for points) in a higher age group. They can make the nomination at the start of the season (for the whole of the season) or event by event.

If no different age group is nominated, the walker will participate in their actual age group.

Points are only scored in the age group the walker has nominated.

Nomination is required for state championships (note ASA membership is required) and club championships.

Points are only scored if the walker participates in the distance for their age or longer. If participating in shorter distances they are a “reserve” and do not count in placing and points.

To be eligible for an award, walkers must have participated in at least 5 point scoring events.

9.2 Awards

Point Scoring

Over 35 Men

Over 35 Women

Open Men

Open Women

Under 18 Boys/ Girls

Under 16 Boys/ Girls

Under 14 Boys/ Girls

Under 12 Boys/ Girls

King of the Mountain

King of the Mountain and Queen of the Mountain (Open, 10.2Km or 5.1Km – longest distance wins)

Prince of the Mountain and Princess of the Mountain (U18, 5.1Km or 3.5Km – longest distance wins)

Sprite of the Mountain and Pixie of the Mountain (U14, 3.5Km)

Imp and Nymph of the Mountain (U12, 2.5Km)

Special

Jack Webber Trophy

Awarded for the open men's winner of the longest state championship event.

Knight and Campbell Shield

Awarded to the winner of the open 10km handicap event.

Rob McFadden Trophy

Awarded to the winner of the under 16 5km handicap event.

Most Improved

Awarded to the walker who (in the opinion of the selectors) has made the most improvement during the season.

Club Championship 1 (Open Men and Women 15km, Over 35 Men and Women 15km, Under 20 Men and Women 10km, Under 18 Boys and Girls 8km, Under 16 Boys and Girls 5km, Under 14 Boys 3km)

Club Championship 2 (Open Men and Women 8km, Over 35 Men and Women 8km, Under 20 Men and Women 8km, Under 18 Boys and Girls 6km, Under 16 Boys and Girls 4km, Under 14 Boys 2km)

Starr Awards (Consistent Improvement, Determination, Persistence, Effort)

The Starr Awards are named after Bill Starr who is the proud sponsor.

10.0 Fees 2013 Winter Season

10.1 Age Groups

SAAWC supports events in all age groups.

10.2 Fees

Individual Registration: \$30

Individual Registration (start after 30th of June): \$15

Country Registration (100km outside CBD): \$10

Associate Member (voting rights): \$10

Official Member: \$10

Other major optional competitions like the Canberra LBG or Nationals for example are an additional fee.

10.3 Payment Options

The main focus of the club is to encourage participation, and as such if you feel you would like to be part of the club, and cannot afford the fee upfront please see the Treasurer for payment options.

10.4 Refund Policy

Refunds will only be given under exceptional circumstances. In some cases, membership may be rolled over to following season at the discretion of SAAWC. SAAWC's decision is final and no correspondence will be entered into.

10.5 Registration Types

Competing Walker or Club Rule Walker*.

*Club Rule means a no advantage knee rule. You will be judged on contact but only on knees if you are gaining an advantage.

10.6 Uniform

Singlet/crop tops: Navy Blue and Red

Shorts/sport briefs: Navy Blue

The following race walking singlets with embroidered logo are available for sale: \$30

Sizes: TS19 Large, TS19 Medium, TS19 Small, TS19 X Small, TS19K 14, TS19K 12, TS19K 10, TS19K 8, TS19K 6

Sizes tend to be large. Some TS and TSK sizes may overlap in size. TS19 and TS19K are CoolDry and TrueDry material respectively.

Women's crop tops, sports briefs and shorts are not available currently.

10.7 Required Uniform

All SARWC meets including SARWC Club Championships - SARWC Uniform.

ASA State Championships - Senior Athletics Uniform

LBG - SARWC Uniform.

Australian Road Walking Championships (2nd Federation) - SARWC or State Uniform.

11.0 Contacts and Location

11.1 Contacts

<http://www.sarwc.org>

Postal Address:

Secretary: Peter Walsh

SOUTH AUSTRALIAN AMATEUR WALKERS CLUB INC.

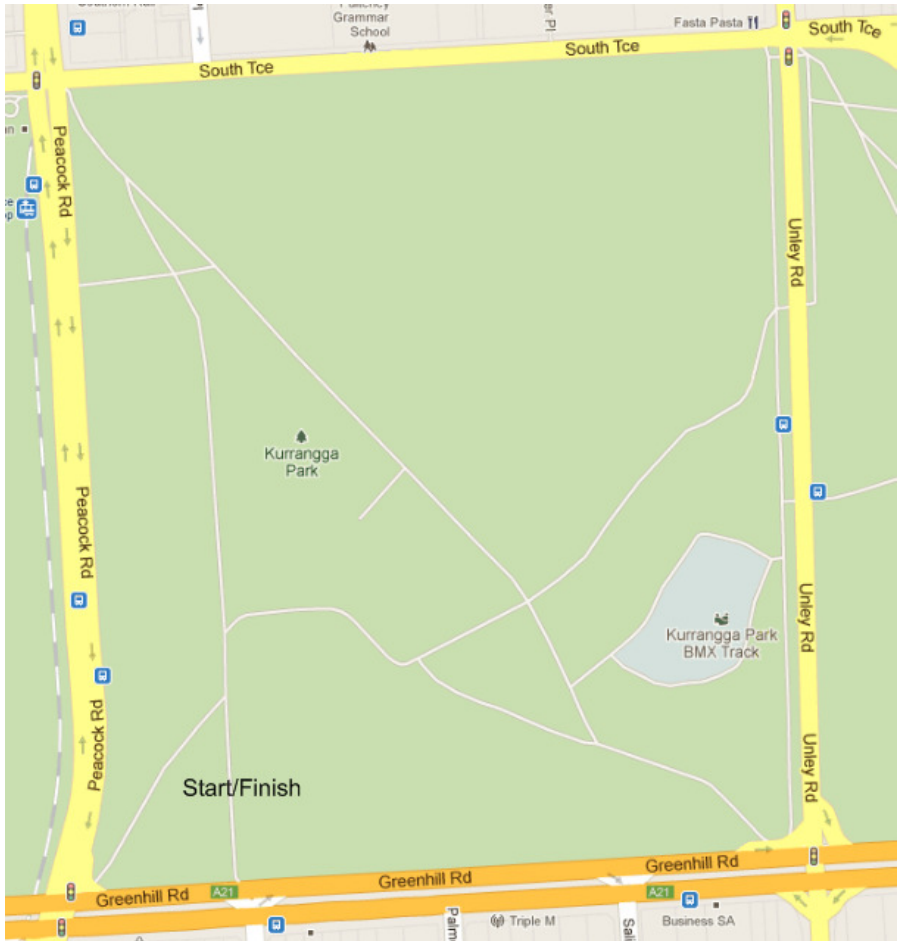
Postal Address: 13 Boronia Crt, Craigmore, 5114, SA

11.2 SAAWC Location

Adelaide Hockey Club Rooms

South Parklands, Adelaide (Eastern corner of Peacock Rd and Greenhill Road)

12.0 Track



13.0 Code of Conduct

Refer to the Member Protection Policy for full details.

13.1 General Code of Conduct

1. Respect the rights, dignity and worth of others;
2. Be fair, considerate and honest in all dealing with others;
3. Be professional in, and accept responsibility for your actions;
4. Make a commitment to providing quality service;
5. Be aware of, and maintain an uncompromising adherence to, SAAWC standards, rules, regulations and policies;
6. Operate within the rules of the sport including national and international guidelines, which govern SAAWC;
7. Do not use your involvement with SAAWC to promote your own beliefs, behaviours or practices where these are inconsistent with those of SAAWC;
8. Demonstrate a high degree of individual responsibility especially when dealing with persons less than 18 years of age, as your words and actions are an example;
9. Avoid unaccompanied and unobserved activities with persons less than 18 years of age, wherever possible;
10. Refrain from any form of harassment of others;
11. Refrain from any behaviour that may bring SAAWC into disrepute;
12. Provide a safe environment for the conduct of the activity;
13. Show concern and caution towards others who may be sick or injured;
14. Be a positive role model; and
15. Understand the repercussions if you breach, or are aware of any breaches of, this Code of Conduct.

13.2 Official/Volunteer

1. Resolve conflicts fairly and promptly through established procedures;
2. Place the safety and welfare of the participants above all else;
3. Maintain strict impartiality;
4. Be aware of your legal responsibilities;
5. Accept responsibility for all actions taken;
6. Avoid any situation which may lead to a conflict of interest;
7. Be courteous, respectful and open to discussion and interaction; and
8. Value the individual in sport.

13.3 Athletes Code of Conduct

1. Respect the rights, dignity and worth of fellow athletes, coaches and officials;
2. Do not accept inappropriate behaviour from others;
3. Respect the talent, potential and development of fellow athletes and competitors;
4. Care for and respect the equipment provided to you as part of your program;
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements;
6. At all times maintain an appropriate relationship with your coach;
7. Maintain high personal behaviour standards at all times;
8. Abide by the rules and respect the decision of the officials, making all appeals through the formal process and respecting the final decision;
9. Be honest in your attitude and preparation to training;
10. Cooperate with coaches and staff in development of programs to adequately prepare you for competition.

14.0 Weather Policies

14.1 Hot Weather

The forecast maximum temperature referred to in this Policy is that issued by the Bureau of Meteorology (BOM) at 4:00pm CDT one day prior to competition (i.e. 4pm Friday for Saturday competition).

Members are encouraged to refer to the Bureau's website which can be found at www.bom.gov.au and click the Adelaide link. SAAWC will also post a notice on its website if the following day's competition will be modified or, in extreme cases, cancelled.

SAAWC competitions will be cancelled when the temperature reaches 41 degrees or above for Adults and 36 degrees for Under 18.

14.2 Wet Weather and Storms

In extreme wet conditions the walking surface shall be reviewed to determine if it is safe to minimise the risk of athletes slipping.

During storms the locality of lightning shall be considered by the committee. If lightning storms are determined to be within the direct competition area competition will be cancelled.

14.3 Windy Conditions

Windy conditions introduce a risk of falling or flying debris. On windy days the conditions shall be evaluated by the committee and if determined to be unsafe events will be cancelled.

15.0 Risk Management/Insurance

15.1 Risk Management

A safety check list shall be completed before the start of any meet. The outcome will determine what required actions and changes if any are required before the meet can commence.

15.2 Insurance

Currently as a special affiliated club with ASA insurance is obtained through Willis. SAAWC holds Public Liability, Product Liability, Professional Indemnity and Association Liability*.

*Committee members only.

The SAAWC does not provide any Personal Accident insurance. As such the cost of all injuries including but not limited to hospital and ambulance are the responsibility of the member. Options for insurance include;

- Becoming either a full or dual registration member of ASA. See ASA web site for cover details.
- Members own private insurance.

15.3 Medical

All injuries, no matter how trivial should be reported on the day of occurrence to the first aid officer. So it can be treated and recorded.

While SAAWC maintains a basic medical kit members should bring any specific medication required to all events.

The registration form allows for potential members to list any medical conditions in the case of an emergency.

16.0 Member and Child Protection Policies

SAAWC vision for race walking in South Australia is for the sport to be recognised as an appealing and viable physical activity for South Australians through the effective management of walking events and services

SAAWC exists to:

- Enable individuals of all ages and abilities to participate in race walking
- Provide an opportunity for individuals to explore their physical talents and abilities
- Provide a pathway for athletes and officials to reach the pinnacle in their respective field
- Promote a healthy lifestyle and regular participation in physical activity
- Offer a diverse range of competition opportunities

Refer to the Member Protection Policy for full details.

16.1 Mandatory Notification

Under the Child Protection Act 1993 if volunteers have a suspicion on reasonable grounds that a child has been or is being abused, neglected or harmed they have a legal obligations to report it. The Member and Child Protection Policy outlines how to report and respond to allegations of suspected abuse and neglect.

17.0 Smoking, Alcohol and Anti-doping Policies

Smoking

SAAWC promotes an active healthy environment and as such does not condone smoking at all. Smoking is prohibited within the club rooms, between club rooms and start/finish area and anywhere within 25 meters of the start/finish areas.

Coaches, athletes, trainers, volunteers and officials will refrain from smoking and remain smoke free while involved in an official capacity for the club, on and off the track.

Alcohol

Any member deemed to be intoxicated by any committee member will not be permitted to participate within any capacity at the club including events.

Anti-doping Authority code

SAAWC adheres to the Australian Sports Anti-doping Authority code.

The Anti-doping code can be found at;

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/The-Code/>

18.0 Life Members

Jane Barbour (Lewry)*

Darren Bown*

Zoë Eastwood-Bryson

Merv Cotton (deceased)

Ian Fay*

Peter Fullager*

Vivienne Fullager

Lilian Harper*

Arthur Jones

Tonia Lewry

Shelia Malbut

Stan Malbut

(Snowy) PS McCavanagh (deceased)

Robert McFadden*

Roy McFadden (deceased)

Liz Morgan

Brian Murphy

Liam Murphy*

Geoff Peters

Vic Sharp (deceased)

Bill Starr

Claire Tallent (Woods)*

Tim Thompson (deceased)

Jack Webber (deceased)

Ruth Webber (deceased)

*Jane Barbour (Lewry), Darren Bown, Ian Fay, Peter Fullager, Lilian Harper, Rob McFadden, Liam Murphy and Claire Tallent (Woods) are athletes, who by virtue of their athletic prowess, that is, having represented Australia at Commonwealth Games or World Race Walking Cup, have been awarded life Membership of the South Australian Race Walkers Club. Other Life Memberships have been awarded for outstanding contributions to the ongoing success of SARWC.

19.0 IAAF RULE 230: RACE WALKING

The overall governance of race walking as an international sport is provided by the IAAF (International Association of Athletics Federations). In particular, IAAF Rule 230 provides the formal definition of race walking and the rules covering race walking events.

IAAF RULE 230: RACE WALKING

1. Definition of Race Walking

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

2. Judging

(a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.

(b) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.

(c) In competitions held under Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under Rules 1.1(b), (c), (e)(ii), (f), (g) and (j), all Judges shall be either Area or International Race Walking Judges.

(d) For road races, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge.

(e) For track races, there should normally be six Judges including the Chief Judge.

(f) In competitions held under Rule 1.1(a) not more than one Judge from any Country can officiate.

3. Chief Judge

(a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his mode of progression obviously fails to comply with the Rule 230.1 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race.

(b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.3(a) in competitions under Rules 1.1(a), (b), (c), (d) and (f). In competitions held under Rules 1.1(a), (b) (c) and (f), a maximum of two Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.

(c) For all competitions held under Rules 1.1(a), (b), (c) and (f), an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

4. Caution

Athletes shall be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 230.1 by showing the athletes a yellow paddle with the symbol of the offence on each side.

An athlete cannot be given a second caution by the same Judge for the same offence. Having cautioned an athlete, the Judge shall inform the Chief Judge of his action after the competition.

5. Red Cards

When a Judge observes an athlete failing to comply with Rule 230.1 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

6. Disqualification

(a) When three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

(b) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit, in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.

(c) In track races, an athlete who is disqualified shall immediately leave the track and, in road races, shall, immediately after being disqualified, remove the distinguishing numbers and leave the course. Any disqualified athlete who fails to leave the course or track may be liable to further disciplinary action in accordance with Rules 22.1(f) and 145.2.

(d) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.

(e) For all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s).

7. The Start

The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In races which include a large number of athletes, a five-minute warning before the start of the race should be given, with additional warnings if required.

8. Safety and Medical

(a) The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.

(b) In competitions held under Rules 1.1(a), (b), (c) and (f), the events shall be scheduled to start and finish in daylight.

(c) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(d) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

9. Drinking / Sponging and Refreshment Stations

(a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events up to and including 10km, drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision.

(c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition, drinking / sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

(d) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes.

(e) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

(f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the refreshment table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment.

10. Road Courses

(a) For competitions held under Rule 1.1(a), the circuit shall be no shorter than 2km and no longer than 2.5km. For all other competitions, the circuit shall be no shorter than 1 km and no longer than 2.5 km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.

(b) Road courses shall be measured in accordance with Rule 240.3.

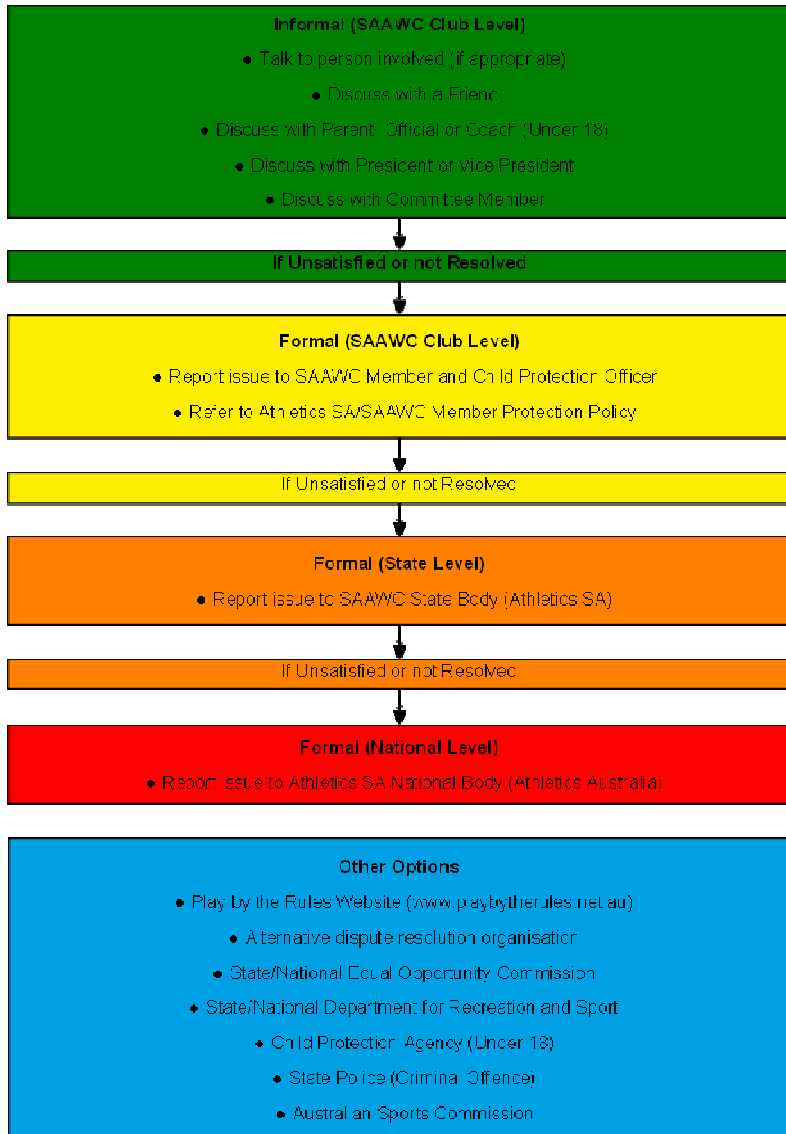
11. Race Conduct

In events of 20km or more, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.

12. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

20.0 Complaints Flow Chart

Refer to the SAAWC Member Protection Policy. As an affiliated member of Athletics SA the SAAWC has adopted the Athletics SA Policy.



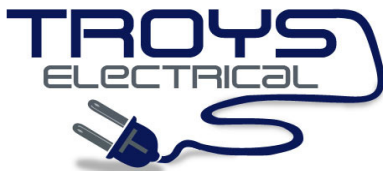


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