

SCOTTISH ATHLETICS INDOOR LEAGUE

Athlete/Parent Information

Location

Emirates Arena, 1000 London Road, Glasgow, G40 3HY

www.emiratesarena.co.uk

Entry

Entry to the arena is from 8.45 am via the level 3 concourse.

Spectators

Entry to the Emirates Arena is free of charge for spectators. Spectators are restricted to the seating area only and do **NOT** have access to the competition area or the warm-up area.

Please note that prams and buggies are not allowed inside the arena, and spectators may be subject to bag checks for security.

As the U13 girls/boys long jump takes place on the jump pit inside the warm-up area, this means that regrettably parents will **NOT** be able to watch this event. However, using this jump pit will allow the competition to finish on time and gives more athletes the opportunity to compete.

Warm-Up Area Etiquette

Access to the warm-up area and competition area is restricted to athletes and team managers only. Team Managers should wear their allocated wrist band to get access.

As the warm-up area is often busy, athletes should familiarise themselves with the etiquette below to ensure the area is used fairly and safely.

DO

- ✓ Make yourself aware of the one-way system and follow instructions.
- ✓ Use this area for warming up and cooling down for your event.
- ✓ Take care when crossing the warm-up track – LOOK BOTH WAYS.
- ✓ Run from right to left, as you enter the warm-up area, towards the jumping pit.
- ✓ Respect other users - share and share alike.
- ✓ Share Hurdles as equally as possible – share lanes.
- ✓ Stack and store hurdles after use.

DON'T

- ✗ Arrive into the warm-up area too early for your event.
- ✗ Loiter in the warm-up area – this is not a social area.
- ✗ Leave kit bags unattended.
- ✗ Eat food/snacks in the warm-up area.
- ✗ Leave the warm-up area untidy.
- ✗ Wear head-phones in the warm-up area – this is for your own and others safety.
- ✗ Warm-up on the concrete concourse