

# SCOTTISH INDOOR ATHLETICS LEAGUE

## Athlete/Parent Information

### Location

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

[www.emiratesarena.co.uk](http://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, but there is an area where prams can be stored. 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