



## **CARA TRACK & FIELD**

### **PARENT & SPECTATOR GUIDELINES**

- **SPORTSMANSHIP SHOULD BE DISPLAYED BY ATHLETES, COACHES, SPECTATORS AT ALL TIMES.**
- Trust coaches your coaches to get your child to where they need to be.
- Parents should not bring kids to staging, this is the coaches responsibility. Parents are not allowed in the Staging area and will be asked to leave.
- Stay off track area and watch from the stands or sidelines, please do not walk with or in the way of staff. Please be aware of areas that spectators are allowed and please move if asked.
- Understand that the staff are trained to do this, please let them do their jobs.
- Issues need to go to their agency's Head Coach or Coordinator. Please do not approach staff or other coaches regarding issues.
  - Chain of command:
    - Parent/Athlete→Team Head Coach→ Coordinator (Meet Director if at meet)→ Division Chair→ CARA Chair
- **NO PETS!** Do not bring animals, we will contact police for pets left in hot vehicles.
- Bring CASH for gate fee. There will be a \$3 Gate fee for most meets, please be prepared with CASH.
- Move tents if asked, staff has a reason they aren't just being mean.
- Pay attention to roped off areas.
- Make sure your child has a team shirt on (they will not be allowed to race if not wearing one). If you need a shirt, please contact your team's Head Coach or Coordinator.
- Listen to the announcements. Make sure your child gets to their team tent if not already there when their race is called to be brought down to Staging by a Coach.
- Be responsible for your area, please clean up trash and help keep our facilities clean.
- This is a Recreational Program. HAVE FUN!