

Yellow Card System

Please be aware that this season we will be implementing a **Yellow Card System** at competitions. This is due to high numbers of athletes signing up for competitions and events and then **failing to show up, or giving very short notice of withdrawal (i.e. on the day)**.

If an athlete fails to show up on the day of a competition the team manager does not always have time/opportunity to rearrange teams during the event. This potentially loses the team valuable points. We progress through to the finals as a team, not as individuals, so our attendance at finals may be in question.

Also, there are limited spaces in all events. By signing up and failing to show up, other athletes are potentially missing out on the opportunity to compete. We often have a waiting list for some popular events.

Finally, managing a team takes a lot of time and effort, as you can appreciate. No shows are very frustrating. It also makes us unpopular with officials if we are re-arranging at the last minute.

If you have signed up but you become unwell or injured in the days leading up to the event, *please let the team manager know*. Please don't just tell your coach and assume they will pass messages on. Give the manager as much notice as possible if you cannot make it, or even if there is a chance you cannot make it as this will give us time to make alternative plans. Ideally 48 hours notice.

Please inform the team manager if you are at the competition but have to withdraw during the day before completing all your events, including the relay. Once the event has started it becomes difficult to re-organise teams.

The **Yellow Card System** is;

Failure to show up at 1 competition/pulling out on the day with no warning; an e mail will be sent reminding you that you signed up but did not show up.

Failure to show up at a second competition in the same season/ pulling out on the day with no warning; the athlete is placed on a waiting list to sign up. All other athletes will be given the opportunity to sign up first, meaning that there may be no space left in the preferred events.

We understand that last minute issues happen, but please remember you are part of the C&T team.

Team managers

EAL Kate 07731 683 729, kt_cat@hotmail.com,

EYAL Talie taliesin.stevenson@gmail.com