



JUNIOR HARRIERS

WELCOME PACK

This pack aims to provide parents and members both new and existing, with information about the club, the coaching and what should be expected from the club and also what is expected from the members.

Introduction

The Wee County Harriers was established in 1999 for runners over the age of 16 by a group of local running enthusiasts who wanted to train together and encourage each other to enjoy running and achieve personal goals.

The senior group meets at various locations around Clackmannanshire on Tuesdays and Thursdays and also get together at weekends for longer runs & races, so it's best to check out the training schedule for the month on the club's website:

<http://www.weecountyharriers.co.uk>

The club's junior section is for younger runners between the ages of 8 and 16. To apply to join, please contact the Junior Coordinator and UK Athletics Level 2 Coach in Running Fitness, Richard O'Grady

weecountyrunner@gmail.com

The Junior Harriers running group provides an opportunity for young adults to become involved in the sport and develop their running skills. The juniors are divided into 3 ability groups, Red, Blue & Green and each group is led by qualified leaders all of whom are Disclosure Scotland checked.

The Junior Harriers train on Monday nights from 5pm to 6pm. Registration is in the large gym hall at Lornshill Academy and all juniors are required to sign in.

The club holds quarterly time trials to assess the junior member's running development. To move from one group to another the following criteria is used:

- Each junior must record 2 times at 2 time trials in any year to be eligible to move a group.
- Green Group 1600m time of 8:00 min/miles plus
- Blue Group 1600m time of 7:00 - 8:00 min/miles is required
- Red Group 1600m time must be under 7:00 min/miles.

Training sessions include the following disciplines:

- Track sessions
- Interval drills
- Sprint Training
- Cross Country
- Steps
- Endurance
- Hill repetitions

All sessions begin with a warm up and end with a cool down and stretches. The club encourages fun, participation and sportsmanship for anyone interested in running.

The annual membership fee is £10 payable upon joining and renewed every February through Entry Central: -

<http://www.entrycentral.com/weecountyharriers>

Besides completing the on-line membership, each applicant is required to complete the hardcopy membership form on the last page of this booklet, to enable the Coordinator to obtain consent details, medical information and contact numbers, in case of emergency. Please

ensure it is completed as soon as possible and returned to Richard O'Grady.

Club Officials

As with the majority of sports clubs, this club is run by volunteers. These people are athletes, parents and other supporters who give their time to ensure athletes benefit.

Chairperson	George Furmage
Secretary	Alastair Outred
Treasurer	Fiona Nichol
Junior Coordinator	Richard O'Grady
Coaches / Leaders	Richard O'Grady
	Scott Wilson
	Derek Fish
	Anne Motion
	Robert Paterson
	Lee Mackemmie
	Liz Crossley
	Jane Binnie
	Linda Taylor
	Antony Brown
Welfare Officer	Richard O'Grady

These people work voluntarily for the club and any assistance you can give them would be greatly appreciated.

If you would like to find out more or join the committee please contact any of the above named officials.

Athlete Welfare

Wee County Harriers Running Club will:

1. Operate within the guidelines of the Athletics Welfare Policy and Procedure document (incorporating Child Protection), as prepared by UK Athletics and Scottish Athletics Limited. Published January 2005.
2. Appoint a designated Welfare Officer, who is provided with appropriate training and periodic updating, to act as the first point of contact in cases of concern about athlete welfare and make their contact details known to organisations.
3. Liaise appropriately with other key persons, including parents / carers, officials, coaches and sport scientists, to ensure that good practice is followed.
4. Carry out their duty of care within relevant legislation and government guidance as well as recommendation and guidelines from UKA.
5. Ensure that club officers and volunteers always act responsibly and set an example to younger members.
6. Ensure that all coaches have undergone appropriate Disclosure checks.
7. Have a written code of behaviour, which will not tolerate oppressive behaviour such as bullying, racism, and sexism.
8. Have a point of contact where you and your child can voice your opinion.
9. Have a Health and Safety policy.
10. Ensure that there is a leader present in every coaching session, who holds an up-to-date first aid qualification.
11. Ensure that the facility that the sessions are held in has passed fire and Health & Safety regulations and has a current Track Certificate.
12. Complete a welfare incident report form in the event of a notifiable incident.

Code of Conduct

Wee County Harriers Running Club will:

1. Ensure that all coaches and volunteers hold the appropriate qualifications.
2. Adopt national policies and codes of good practice in relation to athlete welfare.
3. Ensure that club officers and volunteers always act responsibly and set an example to younger members.
4. Appoint a designated Welfare Officer, who is provided with appropriate training and periodic updating, to act as the first point of contact in cases of concern about athlete welfare and make their contact details known to organisations.
5. Liaise appropriately with other key persons, including parents / carers, officials, coaches and sport scientists, to ensure that good practice is followed.
6. Carry out their duty of care within relevant legislation and government guidance as well as recommendation and guidelines from UK Athletics.
7. Operate within the guidelines of the Athletics Welfare Policy & Procedures document.

The athlete should:

1. Treat others with the same respect and fairness that they wish to receive.
2. Uphold the same values away from the sport as they do when engaged in athletics.
3. Anticipate their own needs, be organised and on time.
4. Thank those who help them participate in athletics.
5. Inform their coach of any other coaching they are receiving.
6. Show patience with and respect diversity in others.
7. Act with dignity at all times.
8. Notify a responsible adult if they have to go somewhere (why, where and when they will return).
9. Not respond if someone seeks private information, unrelated to athletics e.g. home / school life.
10. Never accept lifts in cars or invitations into homes on their own or without the prior knowledge and consent of their parent / guardian.
11. Use safe transport or travel arrangements.
12. Avoid destructive behaviour and leave athletics venues as they find them.
13. Never engage in any illegal or irresponsible behaviour.
14. Challenge anyone whose behaviour falls below the expected standards of the Athletics Welfare Policy & Procedures document.
15. Speak out immediately if anything makes them concerned or uncomfortable (telling parents / guardian and or the Club Welfare Officer) or if a club mate has suffered from misconduct by someone else.

Code of behaviour for athletes:

If at any one session, the athlete does not comply with the above standards, the club / coaches will:

1. On the first occasion give a verbal warning.
2. On the second occasion, in the presence of another coach, issue a final verbal warning.
3. On the third occasion, in the presence of another coach, the athlete will be asked to sit out the rest of the session. The club will then speak to the athlete's parents/ guardian.
4. If at a subsequent session there is a re-occurrence, the club will write to the athlete's parents/guardian, formally informing them of the athlete's behaviour and state that further breaches of the Code of Conduct will result in the athlete being expelled from the club.

A responsible parent / guardian should:

1. Meet the people who are coaching or managing your child and ensure you understand the role each person plays.
2. Take an active interest in your child's participation and communicate with the club and coach in order to understand what training your child's participating in and why.
3. Ensure you are given the opportunity to attend training and competition sessions whenever possible.
4. Ensure that your child does not take unnecessary valuable items to training or competition.
5. Know exactly where your child will be at all times and who they are with
6. Return a written informed consent form to the Club/Team Manager/Chaperone, including next of kin details, health and medical requirements, before your child goes to any 'away' events (see sample Consent Form in Appendices).
7. Inform your child's coach of any special needs that should be taken into consideration during your child's training and athletic performance.
8. Provide any necessary medication that your child needs for the duration of any trips.
9. Report any concerns you have about your child's welfare / treatment to the club / regional / national welfare officer (this does not affect your rights to notify the social services department or police if you feel a crime has been committed).
10. Get involved with the club and help out at events. The club will be delighted to have some help. You can always take some coaching or officiating qualifications to enable you to participate more fully in this role and your club should be able to provide you with information on this.
11. Emphasise your child's enjoyment rather than an overemphasis on winning.

Health and Safety

Wee County Harriers Running Club will:

1. Operate within the guidelines of the Athletics Welfare Policy and Procedure document (incorporating Child Protection), as prepared by UK Athletics and Scottish Athletics Limited. Published January 2005.
2. Liaise appropriately with other key persons, including parents / carers, officials, coaches and sport scientists, to ensure that good practice is followed.
3. Carry out their duty of care within relevant legislation and government guidance as well as recommendation and guidelines from UK Athletics.
4. Ensure that all coaches have appropriate Health & Safety awareness & First Aid training.
5. Ensure that club officers and volunteers always act responsibly and set an example to younger members.
6. Ensure that there is a leader present at every coaching session, who holds an up-to-date first aid qualification.
7. Ensure that there is an appropriate and replenished first aid kit at each training session.
8. Ensure that the emergency contact details for each athlete are available at each training session.
9. Ensure that a register of athlete's allergies or medical conditions is available at each training session
10. Ensure that at each training session that the lead coaches hold appropriate training qualifications, i.e. at least Level 2, Group Event Specific.
11. Ensure that there are sufficient coaches for each session.
12. Ensure that each training session is planned, including checking facilities and equipment.
13. Ensure that each training session is appropriate for the age and ability of the athletes.
14. Ensure that the facility that the sessions are held in has passed fire and Health & Safety regulations and has a current Track Certificate.
15. Before a session coaches check the condition of equipment, to ensure that it is kept in good repair and to keep a register of the equipment and its maintenance.
16. Keep up to date a database of coach qualifications, including UK Athletics coaching level, Disclosure Scotland and First Aid.
17. Complete an Incident / Accident report form in the event of a notifiable incident.