

Ribble Valley Athletic Club

Welcome Pack 2011

A safe place to be founded in 2006 Witton Park, Blackburn
& Oakhill Academy, Whalley.

Ribble Valley AC info Contact-Membership Secretary, Daniella Lennon,
01254-871121

Visit our website www.rvac.co.uk

Open to all ages from 8 years, People with Disabilities, Ethnic groups, Women's
Groups & Disenfranchised groups

Affiliated to: England Athletics & UK Athletics.

Fun to Fulfilment, Supporting Athletes, Athletics and the community in and around
the Ribble Valley.

Mission Statement:

To provide appropriate athletics coaching, training, development and
Competition opportunities for club members and others, in a safe, caring
Equitable and professional manner, which will reflect credit on the club
and on the sport of athletics.

Preamble This introductory pack is to inform you of what the Club can offer and of some of the Clubs
Expectations.

Priority is given to Health and Safety AND to Child Protection issues.

Ribble Valley Athletic Club is a proud and diverse Club where athletes of all abilities will be nurtured.

The rules that we have are, we hope, minimal, but essential

Don Lennon Director of the Board

Child Protection

All our coaches will be or are police checked (CRB) Enhanced and have individually signed up to the UK
athletics code of coaching conduct.

Our current Child Protection officers are listed on the appendage 'Child Protection Policy and Procedure'.
All new members and their parents/carers will be issued with a code of conduct along with this Welcome
pack.

Directors

A list of all Directors appears on the web site and in the newsletter

Sub Committee

A list of all Sub Committee appears on the web site and in the newsletter a further copy is on the notice
board at Oakhill Academy.

Coaches

A list of all Club coaches can be found in the Club House. The coaches are for the disciplines, middle
distance, sprints, jumps, throws and hurdles.

First aid

Some staff at the Club are first aid trained. A list of Club first aiders is on the notice board in the Club House, where a first aid kit is available. Almost all coaches have mobile phones in case of emergencies.

Personal security

Please do not encourage youngsters to leave the athletics facility at the Club or at any external training venue unless accompanied, this is particularly important during the winter months.

Training equipment/valuables

Please ensure that equipment is appropriate for the weather and that valuables are kept to a minimum.

Clothing which is usually removed eg track suits, tops etc. should be marked with a name.

A T-shirt and shorts along with a track suit for cooler evenings and a pair of trainers is adequate to start. Eventually you may need spikes or other specialist shoes and if you compete for the club you will need a club vest & Tracksuit at a cost of (approx) £56.50.

We encourage the recycling of Club clothing and of good quality spikes which sadly are outgrown so quickly.

Training

Summer April until September

Mondays at Witton Park Blackburn 6.00 pm until approx. 7.30 pm & Wednesdays at Oakhill Academy, Whalley

These are the main training nights for juniors and seniors in non specific events in all the track and field disciplines. We also have the performance groups on Monday & Wednesday from 6pm to 7.30pm, Training nights appear on the Web site and on the notice board in the Club House.

The main **introductory junior training session is on Wednesday evenings** at Oakhill Academy 7.00pm until

8.00pm at this session youngsters will try all the events, throws, jumps, running involved in Sports hall Athletics etc.

There are many other specialist-coaching sessions during the week please ask one of the coaches.

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Winter Training October until April

Under 11s train indoors Please see notice board for venues from 7.00 pm until 8.00pm

All other groups

Gym sessions and outdoor sessions take place throughout the week and sometimes at weekends. Club coaches will keep you informed as will the greeters, and the Web site.

Competitions

Summer

Track and Field - Young Athletes league, Midlancs league and other district, county and national competitions

Seniors Men's and Women's Mid Lancs league

Road racing - Various races for club championships, inter clubs championships and district, county and national races including road relays.

The fixtures will be on the Club notice board, on the Website and in the 'Club Magazine' or ask a coach.

Winter

Cross-country running Mid. Lancs x country league Red Rose league, district, county and national competitions.

Juniors including under 11s Sportshall league (Indoor athletics) Lancashire Sportshall league.

September

Ribble Valley Athletic Club Championships at Witton Park. A club track and field competition when it is possible for all ages and all abilities to win awards based on National criteria and when club Champions will be decided. This event should not be missed.

Competitions we organise

Spring Open Spring Track & Field Meeting

Summer Fun Run, Open Track Medal Meeting

November Open X-Country Event

Communications

The Magazine is edited by Cath Wallis and is the main communications tool, within the Club and to business, external agencies and other groups and will be published every 3 months usually on the 1st of the month. If you want to make a written contribution the deadline is the 16th of the month prior to publication
I.e.

16th January for the February issue. Articles should be sent as you want them to appear electronically via e mail, to:coachdon@hotmail.co.uk

The Web site

is managed by Don Lennon, please send all your information as you want it to appear, electronically via e mail, disc to coachdon@hotmail.co.uk

Social

During the course of the year there will be 3 main social and fundraising functions co-ordinated by Maggie Schofield with help from many other club members.

September/October

A Club Celebrations night to celebrate all our successes in and out of competition-a great party night.

November

The annual Club Presentation Evening where everyone is welcome to share the success of trophy and award winners covering all ages and disciplines. A great opportunity for the young ones to meet
With the oldies but goldies.

June/August

A club fund raising event an evening with a difference is planned for 2011, watch this space. Finally To efficiently run such a great and diverse club we rely on people volunteering their services as general helpers, to train as coaches or track and field officials and to fill the many roles in the club structure. If you have a skill or particular interest area we will be happy
to welcome you.

If you would like to learn how you could become a coach or track/field official, it's easy, all you need is enthusiasm, and we will pay for you to be taught. You are invited to attend our AGM each year.

Ribble Valley Athletic Club

Code of Conduct for Parents/People with Parental Responsibility

As a responsible parent/person with parental responsibility you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the athlete
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Never place undue pressure on children to perform, participate or compete
- Check out the qualifications and licences of people who are coaching or managing your child or offering a service connected to athletics such as physiotherapy, massage or nutritional advice.
- Take an active interest in your child's participation
- Attend training or competitions whenever possible
- Know exactly where your child will be and who they will be with at all times
- Never make assumptions about your child's safety
- Ensure that your child does not take any unnecessary valuable items to training or competition
- Inform your child's coach or team manager of any illness or disability that needs to be taken into consideration for athletic performance
- Provide any necessary medication that your child needs for the duration of trips
- Assume responsibility for safe transportation to and from training and competition
- Return any necessary written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before your child goes to any away events or trips
- Report any concerns you have about your child's or any other child's welfare to the Club Welfare Officer, Regional, National or UKA Welfare Officers. (This does not affect your right to contact your local social services or the police if you feel it is necessary)

Code of Conduct for Athletes

As a responsible athlete you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the yourself and other athletes
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Always thank the coaches and officials who enable you to participate in athletics

As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

Code of Conduct for Club Officials and Volunteers

Summary of the essence of good ethical conduct and practice

Everyone must:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play).
- Display consistently high standards of behaviour and appearance.
- Follow all guidelines laid down by the national governing body and the club.
- Hold the appropriate, valid qualifications and insurance cover.
- Never exert undue influence over performers to obtain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.

Ribble Valley Athletic Club

Equity policy statement

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All club members have a responsibility to oppose discriminatory behaviour and 'promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

Ribble Valley Athletic Club

MEMBERSHIP APPLICATION FORM

(September 2010 to the end of August 2011)

PART 1

Ribble Valley Athletic Club welcomes applications from all members of the community and will ensure all present and potential members receive fair and equal treatment.

Please complete all relevant information below and return this form with relevant membership fee to Daniella Lennon, Membership Director. The form may be posted to D.Lennon at 14 Abbeydale Way, Accrington, Lancashire, BB5 0EN. Members under age of 16 are required to gain a parental signature and complete Part 2 prior to returning the form.

TITLE _____ FIRST NAME _____ SURNAME _____

ADDRESS _____

POSTCODE _____ MALE/FEMALE _____ DATE OF BIRTH _____ Age _____

TELEPHONE No _____ MOBILE _____

E-MAIL ADDRESS _____

MEDICAL INFORMATION

Please detail below any important medical information that our coaches should be aware of (e.g. epilepsy, asthma, diabetes etc.)

Disability:

Do you consider yourself to have a disability : YES ___ NO ___

If yes, what is the nature of your disability (eg visually impaired, hearing impaired, physical disability, learning disability, multiple disability): _____

EMERGENCY CONTACT DETAILS

Please insert the information below to indicate the person(s) who should be contacted in case of incident/accident.

Contact name: _____ Emergency Contact Number _____

PART 2

PARENTAL CONSENT TO BE COMPLETED FOR MEMBERS UNDER 16 YEARS OF AGE

By returning this completed form I agree to the child in my care taking part in the activities of the club. Ribble Valley AC recognises the need to ensure the welfare and safety of all young people in sport. In accordance with our child protection policy we will not permit photographs, video or other images of young people to be taken without the consent of the parents/carers and children. Ribble Valley AC will follow the AAAE Welfare Policy guidance for the use of photographs and will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform a club official immediately.

I consent to Ribble Valley AC photographing or videoing _____(name of child)

I _____ (name of child) consent to Ribble Valley AC photographing or videoing my involvement in athletics.

Name of parent/guardian: _____

Signature of parent/guardian:_____ Date: _____

Travel

I give permission for this member who is under 18 to travel by transportation arranged by the club to events and fixtures and will ensure that the member will bring any required medication.

Signature of parent/guardian:_____ Date: _____

PART 3

SPORTING INFORMATION

Have you taken part in athletics before ? YES___ NO ___ If yes, please indicate below where.

Primary school ___ Secondary school___ Club_____ Other_____

Disciplines in which you expect to participate(Please Circle)

Track & Field (including indoors)/Sportshall Athletics/Cross Country/Road Running.

Do you hold any Coaching Qualifications in Athletics?(age 16+) YES/NO

If yes, please detail:_____

MEMBERS OF OTHER ATHLETIC CLUBS ONLY TO COMPLETE THIS SECTION

Your other Clubs name: _____ Do you intend to resign? YES / NO

Date of Resignation:_____

Do you intend to join RVAC as Second Claim? YES / NO

TO BE COMPLETED BY ALL APPLICANTS:

I confirm that I am eligible to compete under UKA Rules.

I accept*/do not accept* that my personal data will be held on computer database by the Club. I agree*/Do not agree* to the disclosure of my personal data in a list of members to the North of England AA.**I agree to abide by Ribble Valley**

A.C. Codes of Conduct.

(Please delete as applicable*).

SIGNED _____ **DATE** _____

(Signature of parent or guardian if under 16)