

Ribble Valley Athletic Club

**Welcome pack
A safe place to be**

Founded in 2006

Witton Park, Blackburn & Oakhill Academy, Whalley.

**For Ribble Valley AC info. Contact-Admin Director
Joanne Ruddock, 01254-243808 (H) 078735001001 (M)**

Visit our website ask for details

Open to all ages from 8 years.

People with Disabilities.

Ethnic groups.

Women's Groups.

Disenfranchised groups

**Affiliated to North of England Athletics Association
& 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 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 a further copy is on the notice board in the Club House.

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 in the Club House.

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.

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, Mid.Lancs league and other district, county and national competitions inc National junior league linking with other clubs.

Seniors Northern Men's and Northern Women's leagues also 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 in the Club House, 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 massive 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 (2009)**

Summer **Fun Run, Open Track Medal Meeting (2009)**

November **Open X-Country Event (2009)**

We also host track and field competitions throughout the summer

Communications

The Magazine is edited by Nancy Bailey 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, cd rom or floppy disc to nancy@rivers-mead.co.uk.

The Web site is managed by Daniella Lennon, please send all your information as you want it to appear, electronically via e mail, cd rom or floppy disc to dan_iella@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.

April/May A club fund raising event, An evening with a difference is planned for 2008, 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.

Code of Conduct for parents/carers

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.

Ribble Valley Athletic Club

Junior club rules

Ribble Valley athletic Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect. We encourage openness at all times and to share any concerns or complaints that they may have, about any aspect of the club, with.

The club welfare officer is Don Lennon

As a member of Athletic Club you are expected to abide by the following junior club rules:

- All members must play within the rules and respect officials and their decisions.
- All members must respect opponents.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit appropriate for the weather conditions, woolly hat and gloves in winter, for training and match sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.

Ribble Valley Athletic Club

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 2007 to the end of August 2008)

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)

Membership Fees

Your first membership will include your Club vest, shorts and tracksuit
SENIORS £30-00, JUNIORS under 16 £10-00, 16+/STUDENTS £16-00,
FAMILY £35-00(max 4 living at same address) COACHES:Donation of your
choice

Tracksuit £41-00 Vest £12-00 Shorts £9-50 Kit Total £60-50

Please add the kit total to the appropriate membership fee

Cheques payable to Ribble Valley Athletic Club

Kit Sizes *(please circle sizes)*

Tracksuit XS SM M L XL

Vest XS SM M L XL or Crop Top _____ size(eg 10, 12 etc)

Shorts XS SM M L XL or Lycra(girls) XS SM M L

Name to appear on tracksuit _____



Front view

Back view