



# Sutton & District AC

The David Weir Leisure Centre (formerly Sutton Arena), Middleton Road,  
Carshalton, Surrey SM5 1SL

Chair: Mandy Walters | Club Secretaries Sylvia Ofei-Kwatia & Claire Bryant  
England Athletics Affiliation Number: 2658651

## Sutton & District AC Welcome Pack May 2021

- Introduction
- Membership
- Training
- Competitions
- Health and Safety
- Appendices

# Section 1: INTRODUCTION

## About the club

Sutton and District Athletics club is a friendly community athletics club catering for all abilities, male and female, from the age of 10 (School Year 5). ***If your child is not in School Year 5 year or above, please contact Everyone Active on 020 8641 9480 who will provide you with the information on their after-school athletics sessions.***

The club is run purely by volunteers and was established in 1985 and trains at The David Weir Centre at Carshalton. The Club competes in Track and Field as well as Cross Country leagues. Current and past athletes have also competed at national and/or international level.

## Club Committee

The club is managed by a Club Management Committee which is elected at the Annual General Meeting. The Management Committee consists of President, Chair, Club Secretary, Treasurer, Development Officer, Membership Secretary, Welfare officers, Event & Fixtures Manager, Ordinary Members and is responsible for the operation of the Club, providing guidance and support for track and field, road and cross country, youth development, child protection, coaching (to include coaches' development), officials, maintaining Club facilities, maintaining accurate financial records, an awards program, maintaining accurate membership records in accordance with UK Athletics stipulations and the Privacy Act, marketing of the Club and a social programme. The committee's actions are guided by the Club Constitution and the Code of Conduct both of which are posted on the club website. The committee list can be found in on the Club's website and on clubroom noticeboards.

All members (new or renewals) are asked to ensure they complete the relevant GDPR data information on the club registration form. Please contact membership if there are any queries regarding this.

## Club contact information

Committee members and officers are reachable through email, the relevant email addresses are available on the website and in the appendix. For general queries, please contact the Club Secretaries, Sylvia or Claire at [clubsecretarysutton@live.co.uk](mailto:clubsecretarysutton@live.co.uk)

For **membership queries** please contact [sadacmembership@gmail.com](mailto:sadacmembership@gmail.com)

The Club has two welfare officers: Sonya Marriott & Justine Coles. Welfare Officers can be contacted at [welfare@suttondistrictac.co.uk](mailto:welfare@suttondistrictac.co.uk) or on most club nights. ***The club are also looking for a male welfare officer to provide support if needed on club nights.***

***Please note the coach who does the initial assessment will not necessarily be the coach who goes onto to train you.*** Most coaches have whatsapp groups for their own groups so do ask to join these. Coaches will support club communications by giving info i.e. reminders of comps for Team Managers, urgent changes to your group coaching sessions etc.

## Communication

The club also has a number of social media platforms to support communication

- **Website** ([www.suttondistrictac.co.uk](http://www.suttondistrictac.co.uk)) – the website includes updates, news, competition details and fixtures, contact details, club documents, link to membership form and payment
- **Instagram & Twitter** (@SuttonDistAC) – regular updates, news and reminders are posted on twitter.
- **Facebook** closed group **Sutton & District AC**
- **Email** – please ensure that you add and update your email address on membership form as we will use it to email you updates, competition information, notices, reminders, etc.
- **Club Notice boards** – the club has info in the club room (Les Allder Room) and outside of the club room; please check these regularly.
- **In person** – coaches, committee members and club officials are generally available on club nights, so please feel free to speak to them if you have any queries. They will be able to either answer your query or direct you to the relevant person.

## Volunteers

The Club is run entirely by volunteers. All club coaches and volunteers are encouraged to attend safeguarding training and all coaches, officials and welfare officers have DBS clearance. **We encourage all parents to attend an officials course to support the athletes at competitions.** Without officials we cannot enter League competitions. The more volunteers we have, the better club is run. **WE ALWAYS NEED** more volunteers to help with variety of jobs including coaching, officiating and helping at track meets, club management (e.g. administration, website management, etc.), social organisers, fundraising, team managers, catering and much more. If you are a club member or your parents, guardians,

partners, friends are interested in volunteering at the club, please contact club secretary. All offers of help are welcomed.

### **Fundraising & Sponsorship**

The club fundraises for Club Development: athletes and coaches. Fundraising also goes towards subsidising coach travel or offer for free to League fixtures, equipment and our annual awards events. The Club needs support with fundraising so if you would like to support with any forms of fundraising either joining the fundraising team, helping with organising events or activities or are able to support the club with any form of sponsorship please do contact the club. Please also support our fundraising when shopping on online by adding to your toolbar

<https://www.easyfundraising.org.uk/causes/suttondistrictac/>

## **Section 2: MEMBERSHIP**

### **Application Form**

All prospective members are required to complete our online application/registration form:

<https://paysubsonline.com/ThirdpartyRegistration.aspx?clubID=cc40512760227782165dc0840dda238a>

*PLEASE NOTE ALL APPLICATIONS HAVE TO BE RECEIVED ONLINE AND APPROVED, BEFORE BEING INVITED TO AN INDUCTION OR TO TRAIN AT THE CLUB. PLEASE DO NOT TURN UP ON CLUB NIGHTS AS OUR VOLUNTEERS DO NOT HAVE THE TIME TO HOST INDUCTIONS UNLESS PREVIOUSLY ARRANGED*

### **Induction**

Once the completed form has been received, this information will be taken forward to our induction team who will confirm space within our training groups. You will then be contacted via email and a date and time will be arranged for you to visit the club for an induction session. Induction sessions usually take place once a month. Currently we have a waiting list for the club.

Please bear with us if your application and induction request is not responded to immediately as Sutton & District AC is run by volunteers (our athletes are coached by volunteers too) and they carry out the club tasks in their free time.

The induction session will cover an introduction and information about the Club, becoming a member, health & safety, communication and welfare, track etiquette, training and competitions. You may also have an opportunity to meet with some of our coaches. On occasions you may be able to join in a training session (this may not always be offered due to specific training going on for competitions). Please come with a drink and be appropriately dressed (tshirt, joggers/shorts/leggings and trainers) in case the opportunity to join in arises.

Following the induction, you will be allocated to a training group and asked to pay your membership fee approx two weeks after an induction has taken place. You will be sent a payment link from our membership portal (via Loveadmin please check spam). You are encouraged to attend training sessions, before we send you a payment request. At this time you are also welcome to switch to another coach (please check this first before doing so). Athletes over the age of 12, if you would like to try a different training group before making the decision to join please do talk to the coach or our club secretary who can arrange this for you.

Once you have joined the club please remember to keep up to date your membership details. Please use the payment link to amend the details as and when required to ensure that we always have up-to-date details for you (e.g. change of email, telephone number or medical conditions, etc.). *Please make sure you make the coach aware of any medical conditions that they should be aware of. Please do not come to train if you have an injury.*

**Adults must attend the induction with those under 16 years of age and stay on site with all athletes under the age of 12 on club nights.**

### MEMBERSHIP FEES 2021:

The following membership categories are available to our members (membership fees are charged pay quarter dependent on the date of joining). **All new members need to pay a one off joining fee of £25.00 (this includes a club vest)**. Membership registration with England athletics is compulsory for all club members. England athletics registration of £15 is included in membership fees.

**Please note our membership fees do not include the entrance fees or membership to David Weir Leisure Centre (Everyone Active). Please discuss this with Everyone Active.**

Category	Annual Membership 2021 Incl. England Athletics Reg Fee of £15
9-18	£60.00
19-24	£69.00
Senior 25+	£77.00
Masters 35+	£37.00
HE Student	£27.00
Family: <i>must incl. at least 2 family members who compete.</i>	<b>10% discount on overall combined membership</b>
Affiliate incl. Velocity Racers	£25.00
Second Claim incl. Sutton Runners	£22.00 (no England Athletics Fee incl).

### LOCATION: David Weir Leisure Centre, Middleton Road, Carshalton SM5 1SL

Sutton & District AC uses Everyone Active facilities at the David Weir Leisure Centre, which means you **will also have to pay an additional entrance fee if you are training at the centre**. **Sutton and District AC membership fees do not include membership to Everyone Active**. David Weir Centre Staff will advise you on the best membership options available. Please note that you do not have to join Everyone Active and can pay as you go, but it may be more cost effective for you to join (depending on what facilities you would like to use and how often you attend the training sessions). For information entrance fee depends on Centre membership option with Everyone Active, the track fee ranges from £1.80 - £4.10, the track fee is waived with some Everyone Active membership options. Please note there is now an app for booking Everyone Active to avoid cash transactions. The app is Everyone Active and can be found in the play or app store. Click on Club nights. Alternatively you can book and prepay in advance by calling the centre.

**Additional Fees:** On occasions further coaching or training costs may apply; your coach will advise you on any additional fees. This may be incurred for additional training sessions, development days, transport, social activities. There are also options of additional club kit which may also be purchased separately.

## Section 3: TRAINING

Sutton and District AC training sessions are held at David Weir Leisure Centre, which offers 8<sup>th</sup> lane outdoor track and field facilities (pole vault, high jump, long/triple jump, shot put, javelin and hammer and discus cage), an indoor field hall, indoor 60 metre track. (including changing facilities and amenities). The Club has its own club room called the Les Allder room, within the centre. The centre also offers gym, studio and sport hall; these facilities are not used by Sutton & District on club nights, but can be used additionally to club nights if appropriate Centre membership has been paid.

### Centre Address:

David Weir Centre (run by Everyone Active)  
Middleton Road  
Carshalton  
Surrey SM5 1SL

**Telephone for David Weir Centre reception: 020 8641 9480. PLEASE NOTE THIS IS NOT A CONTACT NUMBER FOR SUTTON & DISTRICT AC.**

Free car parking is available on site; please park in marked bays only as the car park is operated by wardens. Parking can be tricky on club nights so please allow time to ensure you arrive on time for your training session.

There are two main training groups, the Young Athletes group - generally all U11 & U13 (some U15 new to athletics and assessment) and established U15 groups (may incl. some U13s). As our U15 group is large, the groups are split into further training groups with allocated coaches. Some athletes also join additional groups for event specific training i.e. Long Jump, High Jump, Pole Vault, Throws etc.

Our young athletes group covers the England Athletics 365 programme; you can read more about the programme using this link <http://www.englandathletics.org/athletics-clubs/i-help-to-run-a-club/young-athletes-section/athletics-365-resources>. There will be more information provided about 365 programme at the induction.

### Club sessions – Young Athletes group:

Tuesday: 18.00 – 19.00  
Thursday: 18.00 – 19.00

### Club sessions – U15 up:

Tuesday: 18.30 – 20.30  
Thursday: 18.30 – 20.30  
Sunday: 10.00 – 12.00

We are a competitive athletics club and in order to get best out of the training and support progression, the Club expects you to attend all the club sessions each week (Young Athletes – 2 sessions/week, U15 – 3 sessions/week). However, we are aware that you may have other commitments where you cannot attend the training sessions; if this is the case, please let us know at the induction, so we can discuss these concerns with you at the induction. It is important once you are placed with a coach that you inform them when you are not able to attend. Coaches will also advise if they wish you to attend on additional days to club sessions.

For Health & Safety reasons you will need to sign in with your coach at the beginning of each training session.

**ALL ATHLETES UNDER THE AGE OF 12 REQUIRE AN ADULT PRESENT AT ALL TRAINING SESSIONS.** There is a café within the centre and we also encourage supervising adults to help and support the coaches if required. A great way to get involved in the club.

### **Club Coaches**

Sutton and District AC has a number of qualified track and field coaches; and also has number of assistant coaches. The Club is dedicated to providing a high standard of coaching and regularly sponsors the coaches to help them achieve higher level of qualifications and expertise. All our Club Coaches and Assistant Coaches have a valid UKA licence. Additionally, the club ensures that all coaches, officials and volunteers who work with children undergo a Disclosure and Barring Service (DBS) Check in line with UK Athletics practice. We always welcome more help with training.

Coaches will try and attend competitions however on occasions they may not be able to commit to this. Please be aware that your coach is a **volunteer** and will also have their own families and personal commitments so cannot attend all club competitions. They will ensure you have been made aware of a warm up and will give direction for the competition.

Please respect your coaches and assistant coaches by listening to instructions before and during training and also be aware of the other coaching groups around you.

## Training Guidance

Athletes should bring to each training session the following:

- Please wear suitable clothing to training, the training takes place in all weathers. If unsure check with your coach.
- Please wear suitable footwear to training; if in doubt about footwear, please speak to your coach; if you have spikes or specialist throwing shoes, bring the with you; our coaches can advise on suitable footwear if required
- Bring a drink of water (there are free water refilling stations within the centre), to ensure hydration before, during and after training. *(There is a café upstairs at the arena but it can be disruptive during sessions for athletes to disappear upstairs. If they need to buy from the café please do this before the start of training)*
- Don't eat large meal before training, but also you must not train on empty stomach
- Small healthy snack (for refuel after training) – no NUTS please.
- Medication - Especially Asthma pumps, please make sure the coach is aware if the athlete has asthma and in addition if they have forgotten their pump, training could be adapted to accommodate this. For your information Coaches under UKA rules are forbidden to offer pumps to athletes that are not the athletes own prescribed inhaler. Please do not put your child at risk by letting them attend without a pump or required medication. If you are able to provide a named pump we can keep this locked in the clubroom for emergency use. Please ensure your coach is aware if you take any other medication at the time of training. Please ensure you check out safe medication and register the use of asthma pumps - <http://www.ukad.org.uk/support-personnel/tues/>
- Finally, any welfare concerns please do talk to the club Welfare Officers or your coach. Contact information for them is in the clubroom or on our website.
- Please inform your coach if you are unable to attend training; irregular attendance, without a good reason, may mean withdrawal from the club.

## Section 4: COMPETITIONS

Sutton and District AC is a competitive athletics club and all members are expected to compete. All members are expected to compete in at least 75% of the Club League matches for which they are asked to or are eligible to attend. Please note this does not include Schools, County or Open events. All information on Club Fixtures can be found in the club room and on the club website. Emails will be sent out to those eligible for a league fixture approx. 2 weeks before the competition. Please ensure you advise in good time that you are eligible for selection so that the Team Managers can advise you, the other athletes and the leagues of the team sheet. All updates, up and coming events and reminders are tweeted out to our followers and Coaches and Team Managers will also let you know match dates. However, it is also the responsibility of the athlete to find out the competitions and let Team Managers & their Coach know their availability to compete.

A number of athletes from Sutton and District AC have progressed to compete at National and/or International level; track or cross country. Members currently competing at this level: Harry Aikines-Aryeetey competing for GB team in 100m and 4x100m relays, Imani Lansiquot competing for GB team in 100m and 4x100m relay, Jade Ive competing nationally for Team England in Pole Vault, Jacob Veerapen competing nationally in triple jump, Charmont Webster-Tape competing for national junior team in 100m and 4x100 relay and Ricky Lutakome competing for national junior England team in cross-country. In recent years we have had a large number of younger members competing on the track/field or cross country at County level, Inter-County, National level, English Schools, mini marathon and at the Club Connect Relays.

### Age groups

Competitions age groups for the 2021 competition year are U11 (minimum age 9), U13, U15, U17, U20, U23, Senior and Masters.

### League track and field competitions **PLEASE NOTE NOT ALL LEAGUES ARE TAKING PLACE THIS YEAR OR HAVE DIFFERING TIMETABLES & LESS TRAVEL DUE TO COVID-19.**

- League competitions are managed by club volunteer Team Managers
- Advice on transport for league competitions will be provided for each league, but generally it is expected that athletes will make their own way to local league matches. Coach transport is often provided for matches further afield or with limited transport access.
- All members are expected to compete in league competitions.
- For all age groups – running, throwing and jumping events are available
- Team Managers often change each year and volunteers are required to take on these roles.
- List of leagues:

League	Gender	Age	Fixtures
Southern Athletics League (SAL) Track & Field	Male Female	U17 U20 U23 SNR & Masters	Matches start at 11pm for double fixtures and 12pm for single. Sat or Sunday – 5 matches
Youth Development League (YDL UAG) Track & Field	Male Female	U17 U20	Fixtures usually Saturday. Selected team only with limited non scoring events. – 3 Fixtures
Youth Development League (YDL LAG) Track & Field	Male Female	U13 U15	3 Fixtures usually Saturday. Selected team only with limited non scoring events – 3 Fixtures
Rosenheim Track & Field	Male Female	U17 U20 U23 SNR & Masters	Wednesday evening 6.30 start – 3 fixtures plus poss of a final.
South London Athletics Network (SLAN) Track & Field	Male Female	U17 U20 (some U15)	Matches start at 1.00 pm Saturday – 2 fixtures
South London Athletics Network (SLAN) Super 8 Track & Field	Male Female	U13-U15 (some u11 & u17 events)	Matches start at 10.00 am Sunday – 2 fixtures

Lily B Track & Field	Female	U11 U13 U15 U17	Matches start at 11.15 am Saturday – 3 fixtures plus finals
Ebbisham League Track & Field	Male	U11 U13 U15 U17	Matches start at 1.00 pm Sat or Sunday – 3 fixtures
Various Cross-Country Leagues; Surrey Ladies, Surrey Men, East Surrey League & Epsom Downs league. Bruce Judd Relays	Male Female	U11 U13 U15 U17 U20 SNR	Saturdays Sunday (Epsom Downs League)
Surrey Sportshall Indoor	Male Female	U13 U15	3 fixtures; Oct, Nov & January.

### Open competitions

- Club will advertise number of open competitions, which are open to individual athletes – there are more opens than listed on our fixture list; we list those local to the centre.
- It is up to the individual member to arrange registration, cost and transport to Open Competitions

### Surrey & English Schools (Track & Cross Country)

- Each year some Sutton and District Athletes are selected to represent their schools at these competitions.
- The selection, registration and management for Surrey schools entry doesn't fall within Sutton and District AC, but we will support and provide advice for athletes if necessary or contact staff members at schools if it helps give our athletes the opportunity to compete. See <http://www.ssaa.org.uk/>
- Please note the age groups are different to those used by England Athletics and work on school year.
- Selection for English Schools is based on performance and standards. Please see <http://www.esaa.net/> for more info.

### County, National and International Competitions

- There is a requirement to qualify to these competitions and these competitions are managed by relevant teams and not by Sutton and District AC
- It takes regular, continuing training to reach the county, national or international level and the coaches will support you in getting to this goal and the ability to qualify and attend these competitions. It may take some time until you reach these standards, so please be patient, but when your coach/coaches feel that you have reached the relevant standards they will provide you with relevant support and advice. Please speak to your coach if you are interested in any of these competitions.



## HEALTH AND SAFETY

Sutton and District AC is committed to providing safe environment for all members. We promote high standards of health, safety and welfare and ensure regulatory compliance with statutory requirements.

As a club member, you have a duty to:

- Take reasonable care of your own health and safety and any others who may be affected by what you do or don't do.
- Cooperate fully with the club on health and safety issues.
- Listen carefully to instructions from your coach, committee members, club official and employees of Everyone Active and only do what you are asked to do
- Make sure that your emergency contact details and any relevant medical information for you is up-to-date on your online membership form and also please ensure once you begin training with a coach, you provide them with contact information and inform them if you have any medication currently taken as this is vital to your safety, injuries or commitments which may affect training/competitions.
- Do not interfere with, or misuse, anything provided for your health, safety or welfare. e.g. stay outside marked throwing areas during training sessions, unless you are throwing and do not cross the infield during training sessions.
- Observe all health & safety advice and do not put yourself or others at risk!

### **Conduct in Training sessions (Full codes of conduct can be found in appendices or on the club website)**

During training, all members are expected to behave responsibly.

#### General rules:

- Always listen to your coach.
- Always respect other athletes and coaches in all of our training groups. *This includes those from other clubs too.*
- Only carry out actions as instructed by your coach; e.g. do not jump until you are told to jump or do not throw unless to you are asked to throw.
- Do not enter training areas without your coach.
- Do not use any equipment unless you are instructed to do so.

#### All athletes must observe the track etiquette:

- Entering and crossing the track – to avoid collision with other athletes who may be on the track already, treat the track like a road and look both ways. ALWAYS!
- Shout 'TRACK' to warn slower runners of your approach and allow them to move out of the way.
- Jogging and warming up – lane 8 is for jogging and warming up. Please do not jog in the inside lanes.
- NEVER! run or walk across the infield due to field events equipment being used.
- Hurdle drill and training must be carried out only on the home straight using lanes 5, 6 and 7.
- Sprint drill and training must be carried out in the back straight using lanes 2, 3 and 4.
- Timing for middle distance and sprints must be carried out in lanes 2, 3 and 4.
- DO NOT USE Lane 1 for training.
- Children under the age of 12 must be supervised by an adult at all times.
- Equipment will only be issued to adults and athletes over 16 years of age.
- Correct footwear must be worn on the track.

### **First aid**

First aid is available at the Centre's Reception during training sessions. In addition, most of the club coaches and team managers recently undertook first aid training. A Club first aid kit is also located in the club equipment room and this is taken to away fixtures. We also have purchased a defibrillator, this taken to away competitions and is stored in the first aid bag in the equipment room.

### **Safeguarding**

If you have any concerns regarding the welfare, safeguarding or child protection of an athlete please do contact our welfare officers. If you feel you cannot contact the welfare officers please contact the Club Chair or go directly to England Athletics welfare. For information coaches have all completed the safeguarding children in sport courses. We do have some volunteers who are trained in guidance for supporting mental health and they can signpost where to go for help.

### **Changing Coaches or groups**

Guidelines for changing coaches can be found on the notice board and website. If you need support with this please do contact either welfare or the club secretary regarding this.

### **Resignations**

If you no longer wish to be a member of Sutton & District AC please advise your coach and also contact the membership secretary asap so that our records can be updated and you stop getting club communications. If you are staying within athletics but looking to change club please do speak to your coach, welfare or club secretary – we may be able to support you with higher level competition or look at alternative coaching. If you still wish to resign but compete elsewhere you need to contact England Athletics and place a formal resignation.

## **APPENDIX 1: Athlete Code of Conduct**

Athletes are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for officials, opponents, and coaches undermine the purpose of sport and encourage behavior contrary to the spirit of the sport.

Our mission is to provide athletes the opportunity to compete at the highest level commensurate with their individual ability, potential, and interest. An emphasis on fair play and respect for all participants is a primary element of our club's mission. To better achieve that mission, we provide the following Codes of Conduct for all Athletes and Parents.

### **Athletes Code of Conduct**

- Respect the sport and its rules, learn these rules and try to follow them, and compete fairly
- Conduct yourself with honor and dignity and treat other athletes as you would like to be treated.
- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment, ensuring you have informed if taking any medication 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.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- 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.
- Never engage in any inappropriate or illegal behaviour.
- Avoid destructive behaviour and leave athletics venues as you find them.
- Do not carry or consume alcohol to excess or illegal performance-enhancing substances.
- 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 yourself and other athletes.

***“In all cases the club has the right to refuse or terminate membership of any individual who does not conform to the codes of conduct of the club. There will be a period of suspension in which time an appeal can be made by the individual, the outcome of which will be decided at committee and that decision will be final”***

**In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics.**

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/guardian
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/guardian and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible

**As a member of Sutton & District Athletics Club, you are agreeing to abide by the above code of conduct.**

## APPENDIX 2: Code of Conduct for Parents/Guardians

As a parent/guardian you play a special role in the development of your child. Your encouragement and good example will do more to ensure good sportsmanship and self-discipline than any other influence.

- Support your child by giving encouragement and showing interest in his/her team. Help your child to work toward personal improvement and good sportsmanship. Teach your child that hard work and an honest effort are often more important than victory.
- Always be positive. Children learn more by example than by criticism. Work to be a positive role model, and reinforce positive behaviour.
- Take an active interest in your child's participation.
- Attend training or competitions whenever possible.
- Applaud good performance by other athletes. Do not criticize any child's performance in public.
- Remember that your child is the one training and competing. Children must establish his/her own goals to train and compete for themselves. Take care not to impose unreasonable demands on your child. Let your child experience the fun of training and competing as well as the challenge of success.
- Teach your child to be gracious in victory and to turn defeat into victory by learning and working toward improvement.
- Know exactly where your child will be and who they will be with at all times
- Never make assumptions about your child's safety
- Check out the qualifications and licenses of people who are coaching or managing your child or offering a service connected to athletics such as physiotherapy, massage or nutritional advice.
- Refrain from coaching from the trackside. Those who give coaching instructions often give inappropriate advice at the wrong time. Leave coaching to the coach.
- Remain away from the trackside and club room, keep within the spectator area. You and your child will both enjoy the sport more if you put some emotional distance between yourself and the training track.
- Coaches and Officials are symbols of expertise, fair play, integrity and sportsmanship - Do not openly question their coaching, judgment or honesty.
- Demonstrate a positive attitude and respect towards coaches, officials and other parents/guardians. Never allow yourself to be drawn into a verbal disagreement with coaches, officials or other parents.
- 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
- Improper behaviour by a parent/guardian may result in being asked to leave the track/venue by a club official.
- 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 (e.g. inhalers) that your child needs for the duration of training sessions or 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)
- Ensure that your child does not take any unnecessary valuable items to training or competition

***"In all cases the club has the right to refuse or terminate membership of any individual, or in the case of parental behaviour their child, anyone who does not conform to the codes of conduct of the club. There will be a period of suspension in which time an appeal can be made by the individual or parent, the outcome of which will be decided at committee and that decision will be final"***

**As a parent/guardian of a member of Sutton & District Athletics Club, you are agreeing to abide by the above code of conduct.**