



## **Welcome to Nidd Valley Junior Runners**

Our junior section provides opportunities for young people from the age of 8 to participate in all athletics events. All our coaching is led by suitably qualified coaches who have been trained and hold current DBS certificates.

We offer a friendly and supportive environment to enable all our juniors to develop their athletic potential.

### **Training**

Training takes place on a Monday evening from 18.00 during term time at King James's School in Knaresborough and uses the sports hall. We encourage all athletes to try all events including track, field, cross country and fell running.

We follow the Athletics 365 programme which allows athletes to develop all round skills before determining a specialism. Where the weather permits we use the sports fields to develop endurance.

### **Kit**

When training indoors athletes should wear clean non-marking trainers, a t shirt and either shorts or tracksuit bottoms. If outdoors it is important to take into account the time of year and weather, usually an additional top is sufficient. All sessions will require a non-carbonated drink in a suitable container.

Advice on kit is always available, please ask your coach. All other kit is provided.

If competing for the club the club colours are gold and black vest and preferably black shorts. All junior members will be given the vest once they have paid the fees and completed the membership documentation.

### **Travel Arrangements**

Parents and carers should arrange transport to and from training and weekend events. Please drop off and collect your child promptly so as not to disrupt the session. During the dark evenings it is compulsory that all children are collected from the gym door for their own safety.

## **Membership**

The membership fee is £65 per year. Payment is preferred by bank transfer to Sort Code 40-23-12, Account Number 12375516, using your child's name as a reference and SUBS, or payable by cheque in favour of NIDD VALLEY JUNIOR RUNNERS for a payment of £70.

Families entitled to additional funding of government benefits may be eligible for reductions and if this is the case then please speak to Michelle, our chairperson who will be able to assist.

If your child is uncertain about joining we are happy for them to attend for a couple of weeks to try it out.

Places are limited so we expect regular attendance to all training sessions. If you expect your child to be absent please inform the coaches. If your child is going to be absent for more than three weeks we may offer their place to someone else following parental discussion.

## **Membership and Parental Consent Forms**

Both forms need to be completed on an annual basis and either returned to the Junior Coaches or the Junior Club Membership Secretary.

It is important that the coaches know about any relevant medical condition or allergies for the benefit of all concerned and any changes to this information must be communicated to the Coaches.

All information will be stored electronically for the use of Nidd Valley Junior Runners and England Athletics.

On some occasions we may take photos of your child. We follow the UKA guidelines with regard to these photos and ensure they are used appropriately and we will never publish personal details of any children

## **Nidd Valley Junior Runners - Junior Membership Form**

Childs Name

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Date of Birth

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Address

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Home Phone

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Parent's Name

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Parents Mobile

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Parents E-mail

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School

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Emergency Contact, name and number

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Please complete this form and hand into the coach or membership secretary.

When your child becomes a member or renews their membership with Nidd Valley Junior Runners, they will automatically be registered as a member of England Athletics if they are eleven years old or over. We will provide England Athletics with your personal data which they will use to enable access to an online portal for your child (called "MyAthletics"). England Athletics will contact you to invite you to sign into and update your child's MyAthletics portal (which, amongst other things, allows you to set and amend privacy settings). If you have any questions about the continuing privacy of your personal data

when it is shared with England Athletics, please contact [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org).

By signing this form you agree to your son/daughter taking part in activities of the club and understand that in the event of any injury or illness we will make every effort to contact you on the numbers provided above and will deal with the injury/illness appropriately.

Your email address will be added to the Nidd Valley Junior Runners Google group which allows us to communicate with parents about competitions, events, term dates and any other relevant information.

Name of Parent

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Signed.....

Dated.....

## **Nidd Valley Junior Runners - Parental Consent Form**

Child's Name

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Please read this carefully, by signing and returning this form you will be giving your consent that in the event of illness or accident any necessary treatment may be given by suitably qualified persons, this may include the use of anaesthetics advised by a medical trained individual.

Every care will be taken by club personnel to ensure accidents do not happen and cannot be held responsible for any loss, damage or injury suffered by your child.

Please advise us of any medical, including allergies; religious or behavioural reasons your child may have which might restrict their participation in a session or may require additional support.

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Name of Parent/Carer

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Signed.....

Dated.....

### **Photography**

I give/do not give (delete as appropriate) permission for Nidd Valley Junior Runners to photograph my child during training sessions and group events. Photographs may be used for promoting the club in local news and on the main club website.

Name of  
Parent/Carer.....

Signed.....

Dated.....

## **Expectations of Behaviour**

### **Club and Child welfare**

At Nidd Valley Junior Runners we are committed to providing a safe, secure and respectful environment for those involved in the club, no matter what their ability. We expect everyone from coaches, parents, athletes and officials to show respect and behave in a sensible and considerate manner.

Everyone involved should be able to share any concerns or complaints they may have about any aspect of the club with the Junior Welfare Officer (Lee Dalton).

Please read the following with your child so they understand what is expected.

### **Code of Conduct for Junior Athletes**

- All members must play within the rules and respect officials and their decisions.
- In the interests of safety all members should listen, respect and follow instructions from coaches and parent helpers.
- Bad Manners, bullying and swearing will not be tolerated.
- Members must show respect to the Club's or School's facilities and equipment.
- Offer help and encouragement to those less able.
- Always promote a team spirit.
- Try your best.

### **Code of Conduct for Parents and 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 performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept official's judgements.
- Support your child's involvement and help them enjoy the sport.
- Use proper language at all times.
- Assistance on competition and training days is always welcome.
- Keep the coaches informed of any changes in your child's health or wellbeing.

# **Nidd Valley Junior Runners**

## **Code of Conduct for Coaches and Volunteers**

- Respect the rights, dignity and worth of every athlete and treat everyone equally regardless of background or ability.
- Place the welfare and safety of the children above the development of performance.
- Develop appropriate working relationships with athletes based on mutual trust and respect.
- Do not spend time alone with a junior member unless clearly in view of others. Avoid taking a junior member alone in your car.
- Strictly maintain a clear boundary between friendship and intimacy with athletes.
- Never condone rule violation.
- Ensure all coaching is done on a minimum ratio of 1:12

## **Equality Statement**

Nidd Valley Junior Runners 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 or social/economic status.

We have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

We will deal with any incidence of discriminatory behaviour seriously.

We hope you enjoy your time at Nidd Valley Junior Runners and become the best athlete you can be.

**GOOD LUCK**

## **Nidd Valley Junior Runners**

### **Junior Club Committee and Coaching team**

Position	Name	Qualification	Email address
Junior Chair and Lead Coach	Michelle Smith	Athletics coach Coaching Assistant	<a href="mailto:mjnissan@hotmail.co.uk">mjnissan@hotmail.co.uk</a>
Junior Welfare Officer and Lead Coach	Lee Dalton	Athletics coach Coaching Assistant Leader in Running Fitness	lee.dalton@networkrail.co.uk
Junior Secretary	Vanessa Taylor		vj-taylor@tiscali.co.uk
Junior Treasurer	Tim Harvey	Leader in Running Fitness	tim.harvey@h2consulting.co.uk
Junior Membership Secretary	Rebecca Ventress	Coaching Assistant Leader in Running Fitness	rebeccaventress@yahoo.co.uk
O12s both sessions	Liam Marwood	Coaching Assistant	liammarwood@live.com
U12s 6-7pm	Jane Hill	Coaching Assistant	
O12s 7-8pm	Phil Ventress	Coaching Assistant Leader in Running Fitness	
O12s 6-7pm	Martin Lofthouse	Leader in Running Fitness	
O12s 6-7pm	Brian Sherwood	Coaching Assistant Leader in Running Fitness	
O12s 6-7pm	Phil Fernyhough	Coaching Assistant Leader in Running Fitness	