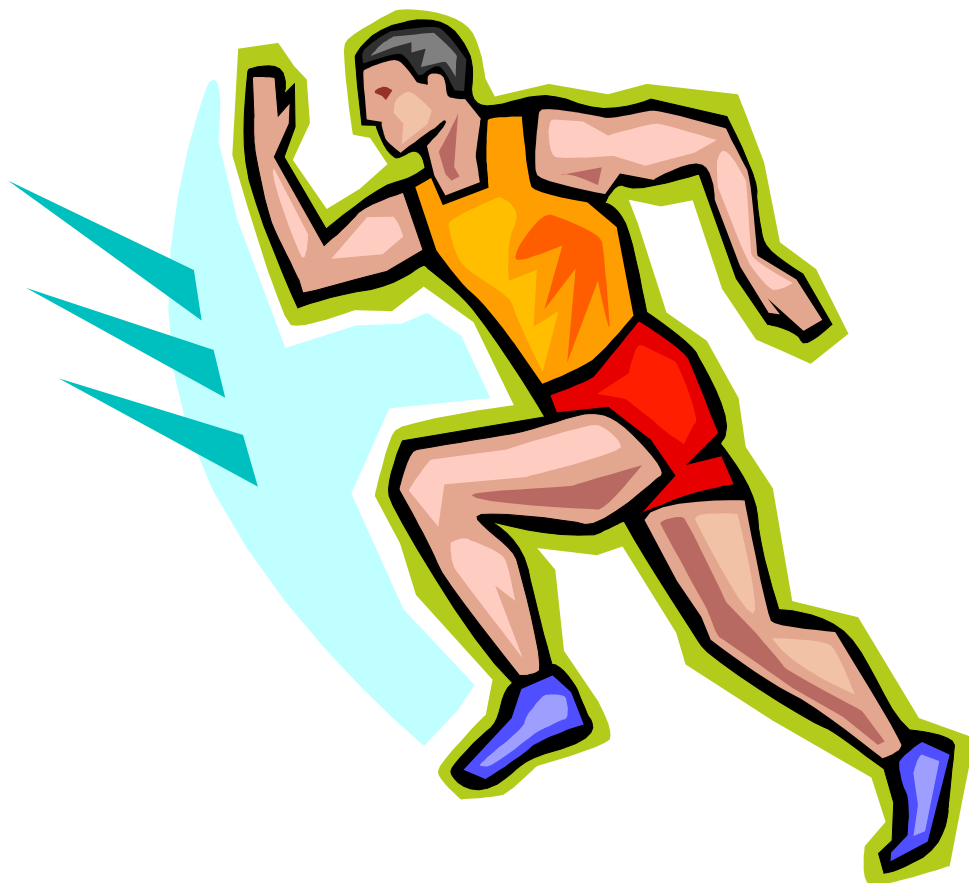


Ripon Runners Junior Section

Welcome Pack



Ripon Runners Junior Section

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Ripon Runners Junior Section

INTRODUCTION

On behalf of Ripon Runners I would like to welcome you and provide information about our Junior Section activities. The club provides the opportunity for children and young people between the ages of 8 and 15 to receive coaching and competition in running. All coaching is lead by qualified coaches who are trained and have been screened for their suitability to work with young people, including DBS checks.

We welcome parents to all training sessions and competitions and value your support. We are keen to try and involve parents and carers in the club and welcome your involvement in the running of the club activities. Below is some information about training times and days, travel arrangements, kit and club registration

Training Times

Training sessions usually take place on Tuesday evenings between 5.15pm and 6.15pm, during school term time at St Wilfrids Primary School where the minis make use of the lovely space on the field, and the juniors meet across the road from school near Spa Park. We meet at Ripon Grammar School, Ripon 5pm-6pm between October half term and up to Easter. Please note that there are no toilet facilities at St Wilfrids but there are at Ripon Grammar School.

It is important that juniors do not eat a meal before arriving - being ill whilst training can be very distressing for all. Aim to eat at least 2 hours before the session.

Please ensure you have made suitable arrangements for your child to travel to and from the venue. We would prefer your child to be collected by a parent or carer, if this is not possible, please advise us of the arrangements you have made for your child.

Travel Arrangements

Parents & carers will be expected to transport their children to the various events & competitions held throughout the year. Details of events will be handed out each term to help with planning, please check the website (www.riponrunners.org.uk) for any changes.

Kit

Club training kit consists of supportive running trainers, sports kit and a waterproof. There is also a club vest (£18) or tshirt (£20), these can be ordered through Helen or Mark.

It is important that your child dresses appropriate to the time of year and weather, as all training will be outside - whatever the weather!

Being too hot, too cold or too wet can be distressful. Our coaching team will offer advice should you require it.

On dark nights in winter hi-viz vests will be provided and must be worn for safety - you can provide your own. We can lend out head torches also.

It is also important that your child has a drink of water with them.

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Valuables

All coaches have been instructed not to 'look after' juniors valuables, including mobile phones. Any valuables brought to the clubhouse are left at the owners risk. Ripon Runners will not be held responsible for any items lost or stolen.

Membership Fees

The Annual membership fee of £60 is payable at the start of the September term. Any new members joining after this will pay a lesser fee depending on the term that they start. Families with two or more children can speak with Helen Cox to discuss payment method.

Any fees not paid by the end of October may result in your Childs place being offered to another child on the waiting list.

All payment should be made payable to 'Ripon Runners' by BACS - please contact Helen if you need to discuss this

We are happy for your child to try us out for two weeks before deciding whether to join. However, for health & safety, Membership & Parental Consent forms will need to be completed before any child can take part in a training session.

Please note that due to limited places we expect regular attendance at training sessions & events. If your child does not attend for 3 weeks or more their place may be offered to others on the waiting list. (Please inform one of the coaches/junior committee if your child has a valid reason for absence and when they will return to training).

Junior Membership and Parental Consent Forms

Please complete both forms (preferably via email) and return them to Helen Cox. These are also available on the club website

For the health and safety of your child it is important that the club is informed of any medical conditions or allergies relevant should your child fall ill or be involved in an accident whilst at the club.

Please note that the information on these forms is stored electronically solely for the use of Ripon Runners, it will not be disclosed to any third parties.

If you would like to talk to someone at the club about this information or your child's involvement in the club please contact a coach on a training night or visit the club website for email addresses. We thank you for your co-operation and look forward to meeting you at some point in the future

Helen Cox- Junior Section Chair

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EXPECTATIONS OF BEHAVIOUR

Statement of purpose

Ripon Runners is fully committed to safeguarding and promoting the wellbeing of all its members.

The Club believes it is important that members, coaches, administrators and parents associated with the club should at all times show respect to each other and behave in a sensible, considerate manner.

It is important that those involved feel able to share any concerns or complaints that they may have about any aspect of the club, with a committee member of the club.

Health and Safety

We aim to provide training sessions our runners enjoy, but we do have rules and a code of conduct to minimise possible injury.

It is important that Junior Members understand what is expected of them. Please take time to read & discuss the Club Rules and Code of Conduct with your child.

Rules for all Ripon Runner Junior Members:

- Behave in a respectful, sensible and considerate manner to others involved with the club and at competitions/events.
- Respect the rules, officials and their decisions
- Respect opponents
- Thank officials for their time at competitions/events
- Arrive promptly to training sessions, events & competitions
- Wear club kit to training sessions, events & competitions
- Pay fees for training or events promptly

Code of Conduct for Junior Members

- Listen carefully and follow the instructions of coaches/helpers
- Treat other members with respect and encourage a team spirit
- Offer help/encouragement to younger/ less experienced juniors
- Ensure your behaviour is excellent at all times
- Take part in competitions / club events
- Try your best.

Consequences of poor behaviour for Junior Members

- Those not following instruction or misbehaving during the warm up will remain at the clubhouse - not taking part in the training session.
- For those misbehaving out on a run - coaches will report any poor behaviour.

If either of the above occur more than 3 times in a half term the Junior Member will be asked to leave the club.

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Code of Conduct for Parents and Carers

- Encourage your child to participate in training & club events
- Discourage poor behaviour and arguing with officials
- Do not send your child to a training session when they are injured as this may hinder their recovery.
- Help your child to recognise good performance, not just results
- Never force your child to take part in sport.
- Set a good example by applauding the performances of all.
- Never punish or belittle a child for their performance or making mistakes
- Publicly accept official's judgements
- Support your child's involvement and help them to enjoy their sport
- Use proper and correct language at all times
- Be the role model your child aspires to.

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OTHER INFORMATION

Club events

During the year there are club social events and presentations. Members and their families are invited to these and are asked to consider assisting with their development and management if they so wish. Your assistance will be greatly appreciated.

Senior Club

The club has an active senior section, details of which can be obtained from the club website or on a Tuesday or Thursday evening, 6.30pm at Ripon Rugby Club. The club promotes a number of road races locally throughout the year and members, of all age groups, are invited to assist in the organisation and delivery of these.

Annual General Meeting

The club AGM is held in March of every year and ALL members are encouraged to attend. If the runner is a child, their parents or carers are more than welcome to attend. However, voting is limited to members only.

Ripon Runners Club Details 2023/4:

Website address <https://www.riponrunners.org.uk>

Senior Club Committee

President	Malcom Render
Chair	John Chatwin
Vice Chair	Karen Lennox
Secretary	Lucy Waller
Treasurer	Lesley Willoughby
Membership Secretary	Sarah Jones
Kit Holder:	Mark Crossland
Covid Coordinator	Bruce Willoughby
Welfare Officers	Simon McCudden and Karen Lennox

Junior Club Committee

(Junior) Chair and Secretary	Helen Cox
(Junior) Vice chair	Lena Conlin
(Junior) Welfare officers	Helen Cox and John Grundy
(Junior) kit	Mark Crossland

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Volunteers Team

(AC - Athletics Coach, LIRF - Leader in Running Fitness, CA- Coaching Assistant, CIRF - Coach in Running Fitness)

John Grundy LIRF

Lena Conlin LIRF, Guided Runner

Suzanne Rickard LIRF, CA

Dawn Griffin LIRF

Beth Constantine LIRF, CA, AC

James Boddy AC, CA, LIRF

Helen Cox AC, LIRF, CA, Event Group Coach

Hazel Russell LIRF

Fiona Alder

Peter Kilford

John Garbutt (LIRF)

Rebecca Owen

WELFARE POLICY

It is everyone's responsibility to ensure the welfare of all within our sport, and we understand that the vast majority of people engaged in running are volunteers and participate because they want to. At Ripon Runners we aim to provide a safe environment for the benefit of all members participating in their chosen sport, regardless of their age or ability.

Policies and Procedures endorsed by Ripon Runners:

Safeguarding and Protecting Children -

- Consideration of the welfare and safety of children before the development of performance.
- Encourage and support children and young people to express their views about matters which affect them.
- Development of an appropriate working relationship with Children, Parents & Carers based on mutual trust and respect.
- Response to suspicions or allegations of abuse should be appropriate and in accordance with UK Athletics guidelines & procedures and involve the appropriate agencies, i.e. Social Services, NSPCC, Police. It is the responsibility of the child protection experts to determine whether or not abuse has taken place but it is everyone's responsibility to report any concerns. Confidentiality should be upheld in line with the Data Protection Acts 1984 and 1998, and the common law of confidentiality.

Fairness:- Adults working with children must also be provided protection and be aware of good practice so that they can be protected from wrongful allegations

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Equality:- Elimination of discrimination, and encouragement of diversity within the sport, regardless of gender, marital status, race, sexual orientation, religion, ethnic origin, nationality, social background or political belief.

Bullying:- Dealing with aggression/hostility towards fellow members, whether physically, emotionally or sexually.

Disciplinary and grievances matters:- informing parents and runners to know how to voice their concerns, or complain if there is anything they are not happy about & to ensure that any issues are dealt with fairly and appropriately.

Use of Photographic & Video Images:- Adoption of good practice guidelines to ensure the protection of young people from the inappropriate use of photographic images.

Useful Websites:

www.englandathletics.org/welfare-information

www.sportprotects.org.uk

www.childprotectioninsport.org.uk

Thanks so much for all your support

Helen 😊