



Shaftesbury Barnet Harriers

Club information and Code of Practice

For Athletes Coached at Allianz Park

Club

Welcome to SBH which is an Amateur Athletic Club run by unpaid volunteers. The annual club subscription paid by all active members covers all expenses i.e. club admin, affiliation fees, entry fees for team competitions, coach travel costs, etc.

Coaching

The coaching set up at Allianz Park is based on Coach led group training. The club does its best to offer coaching based on a balance of available coaches and the requirements of all new members. Athletes are required to give a commitment to the Coach to attend training on a regular basis and to enter competitions as recommended by the Coach on both an individual and team basis with a minimum of 10 meetings per year.

It must be remembered that the Coach gives a commitment to his/her athletes to attend and supervise the training sessions and therefore they expect the athletes to be equally committed. If an athlete is unable to attend a particular session, they must keep the coach informed (via text or phone).

The athlete must always discuss with the Coach any issues that arise and in particular if there are any forthcoming events eg holidays, exams or movements in the training group structure. Finally, whilst all parents are welcome to attend coaching sessions, the club expects the parent / carer of all members under 14 to collect their child after the session has ended. This also provides the opportunity for parents and coaches to communicate and to share feedback on the member's progress. The club does have codes of conduct for Athletes, Parents/carers and Coaches and these can be found in the ClubMark document on our website.

Please remember that the Coach has the final say on who they coach

Health and Safety

Athletes should at all times be fully aware of other track users as the track can be a dangerous place when there are lots of people moving at a fast pace. Athletes should at all times listen carefully to the Coach and follow any instructions given.

If there are any further matters which arise, which require to be resolved then please feel free to contact any of the club officers or either of our welfare officers, Nene Harrison or Michael Tuvey. Contact details can be found on the club website <http://sbharriers.co.uk/contact-us/club-officers/>

Signed – Parent / Carer / Athlete Date.....