

Retford Athletic Club

Information for new Members

General Information

Welcome to Retford Athletic Club. We are pleased that you have chosen athletics as a sport and that you have chosen to join us. We will do our best to make it both enjoyable and safe at the same time as improving performance.

This leaflet tells you a bit about our club and your involvement in it.

Who we are

We are Retford Athletic Club, affiliated to UK Athletics. The club is run entirely by volunteers who give their time freely to provide athletics based sporting experiences for people who have an interest in the sport.

We have the Clubmark award and are Community Amateur Sports Club registered.

Like all sports clubs we were set up to compete against other clubs and throughout the year there are many competitions in which our athletes can take part. We encourage all our athletes to represent the club in competitions.

What we do

We offer coaching in all athletic disciplines and provide an all round feel for athletics. In summer outdoor training concentrates on sprints and endurance running, long jump, high jump, shot, discus and javelin. In winter, indoor training concentrates on sprint training, general conditioning and indoor jumps and throws. We also offer outdoor cross country training throughout the year when time and weather permit.

Where we are

We train at Elizabethan High School, Hallcroft Road, Retford. There is ample parking.

From time to time we make use of additional coaching venues in the area, particularly to support cross country and track development. The availability of these sessions is notified at the time.

When we do it

In both summer and winter training takes place on Monday and Thursday evenings from 6.30 to 9.30pm. Cross country training usually takes place on Saturday or Sunday morning but times can vary to suit availability.

Equipment

We use a combination of our own equipment and that provided by the school. All the equipment we use is especially designed for use by athletes, is approved by UK Athletics and maintained in full operating condition.

Coaches

We have 6 coaches, all have current UK Athletics qualifications and these qualifications are updated regularly in accordance with UK Athletics requirements. All our coaches have Criminal Records checks for child protection purposes.

Coaching Sessions

On club nights, coaching sessions are available to all club members and might be differentiated by age, ability level or type of session offered. Other sessions are offered at the coach's discretion and subject to criteria decided by them in relation to the session they are offering. At all times coaches will pay regard to legislation, coaches code of conduct and club policies.

Coaches Conduct

As registered coaches with UK Athletics all our coaches are covered and must abide by the UK Athletics Coaches Charter. If you would like a copy of the Charter please ask any of our coaches.

Competitions

Retford Athletic Club exists both to provide opportunities for athletic recreation and development and to compete against other clubs. We do not insist that our members compete but we do encourage all our members to represent the club.

Throughout the year there are numerous competitions, which we encourage our athletes to participate in. The year is split into 2 main competitive seasons. In summer we concentrate mainly on road running competitions with occasional cross country events. In winter there are we concentrate on cross country and fell running with the occasional road running event.

Where athletes show real talent they may progress to county, regional or national competitions. These are held at different times and at several venues throughout the country.

We will keep you informed about the event arrangements, including transport too and from the venue. We will give you information about the venue itself. If it is a long way from home we will provide contact numbers for use in emergencies.

Keeping You Informed

When you join the club we will inform you of the range of activities we include in our programme and we will check that you are able to participate in these activities. We will provide a schedule of all training and competitions during the year.

We also have a website, www.retfordac.co.uk which we try to keep up to date.

Information about our athletes

When you join our club we will ask for some information about you. This will enable us to get a background understanding so that we can ensure that your time with us is happy and productive. In particular we need to know about medical information and specific training requirements.

Fees

Our club has an annual subscription fee, which is due on October 1 each year. This includes an affiliation fee to UK Athletics.

The fees are used to pay for hiring of venues, medals and presentations, registration with UK Athletics and other representative bodies and the purchase of equipment and materials.

The fees are set annually at the minimum level required to keep the club viable. For information about the current fee arrangements please contact the Membership Secretary, who is in attendance on all club training nights.

Typical Progress

New athletes will join a group appropriate to their age, interest and ability. For all our athletes we concentrate on enjoyment, general fitness training, progressive skills development and on developing the general personal discipline required of all athletes.

Dress

There is some very expensive athletic clothing and footwear available but to start with athletes need only general sports clothing and a good pair of trainers. If you show an interest and progress in the sport you may wish or need to have more sophisticated clothing or footwear. Our coaches will be happy to provide advice if needed.

Participants with Disabilities

If you have a disability you are very welcome at Retford Athletics Club. We want you to have fun, develop your skills and be safe. Where necessary we will consult with you, UK Athletics and any other specialist agencies to ensure that we provide a positive athletic experience.

What we expect from our athletes

We do not expect too much of our athletes. Like the coaches our athletes are volunteers and we all want to have an enjoyable time. We do need to set a few expectations, guidelines and rules so that the whole thing runs smoothly for the benefit and enjoyment of everybody.

1. Rules

- Abide by the rules, policies and regulations of the club
- Be organised and on time
- Register on your arrival
- Follow the instructions of your coach at all times
- Compete within the rules of the sport and respect the decisions of officials

2. Respect

- Respect those who help you to participate in athletics
- Treat others with the same respect and fairness that you would wish to receive
- Show patience with and respect for diversity and differences in others
- Avoid destructive behaviour and leave athletics venues as you find them

3. Safety

- Never engage in illegal or irresponsible behaviour
- Challenge anyone whose behaviour falls below the expected standards of athletics welfare
- Only enter events for which you are physically able to compete

4. Dress

- Suitable dress for running, jumping and throwing as advised by your coach
- Suitable footwear for training (spikes or trainers)
- Wet weather or cold weather clothing if required.
- Wear club colours for competitions

Health and Safety

Athletics is a sport in which a variety of running, throwing and jumping activities may be taking place at the same time. Very often in training and competition athletes are acting under considerable physical or emotional stress. Athletics can be dangerous if not undertaken properly.

This is why we take the health and safety of our athletes very seriously and why our coaches insist on the observance of a number of rules for each of the athletics disciplines. We apply these rules to ourselves and we develop an understanding of them amongst our athletes.

In designing any training sessions health and safety is our first and most important priority. From the first time you attend our club we explain to you the importance of health and safety and your role in keeping yourself and everybody else safe whilst participating in athletics events.

Coaches need to know of any medical conditions affecting our athletes. Please make sure that we know of any medical conditions and of any changes in these.

As in all sports injuries are a fact of life and we have arrangements in place for handling any injuries which do occur. We have 5 qualified First Aiders, and our First Aid equipment conforms to UK Athletics requirements.

If any athlete does sustain an injury during training or competition we will treat it locally where possible. Where the injury is sufficiently serious we will call for appropriate medical assistance. In all circumstances we will notify parents as soon as possible that the injury has occurred and will keep a written record of the incident.

The responsibility for safety rests with everyone concerned with the club, with coaches and officials, with athletes themselves and with parents and carers.