

ALTON RUNNERS JUNIOR & YOUNG MEMBERS GUIDANCE

1. Junior Members

Junior Members of Alton Runners are defined as club members aged **between 12 and 15 years**. Applications for membership shall be made to the Membership Secretary as stipulated in the Club Constitution and Rules.

Junior Members will:

- Not be eligible to vote at General Meetings of the club or stand for election to the committee.
- Not be automatically registered as members of England Athletics (EA).
- Upon reaching the age of 15 be eligible to register with EA, if requested by their Responsible Adult and upon payment of the EA registration fee.
- Upon reaching the age of 16 be automatically transferred to the membership category 'Young Member' (see item 2 below).
- Be eligible to enter races up to the distances specified for their age in UK Athletics Rules (unless a higher age limit is set by the race organisers). In the case of Hampshire Road Race League events, the Junior Member must be registered with EA in order to participate.
- Only be permitted to attend club training sessions that are deemed by the Committee and/or Coaching Team as appropriate. These training sessions will usually be sessions aimed at improving stamina, speed or technique (usually held on Tuesday evenings).
- Be accompanied by one of their nominated Responsible Adults when attending club training sessions.
- Adhere to the rules of athletics, treating all athletes, coaches and officials with respect.
- Arrive at training in kit suitable for athletics.
- Inform the coach or leader of any medical condition or injury that may affect their ability to train.
- Adhere to the safety rules, following the advice of coaches.
- Avoid bad language and irresponsible behaviour.
- Report any behaviour they are uncomfortable with to a coach or Responsible Adult.
- Not post any inappropriate comments regarding club members, coaches or officials on any social networking sites.
- Not leave training venues without knowledge of or permission of the coach or responsible adult.

2. Young Members

Young Members of Alton Runners are defined as club members aged **between 16 and 17 years**. Applications for membership shall be made to the Membership Secretary as stipulated in the Club Constitution and Rules.

Young Members will:

- Not be automatically registered as members of England Athletics (EA).
- Be eligible to register with EA, upon request and payment of the EA registration fee.
- Be transferred to the membership category 'Adult Member' at the start of the membership year following their 18th birthday.
- Be eligible to enter races up to the distances specified for their age in UK Athletics Rules (unless a higher age limit is set by the race organisers). In the case of Hampshire Road Race League events, the Young Member must be registered with EA in order to participate.
- Be permitted to attend all club training sessions, without being accompanied by a Responsible Adult.
- Adhere to the rules of athletics, treating all athletes, coaches and officials with respect.
- Arrive at training in kit suitable for athletics.
- Inform the coach or leader of any medical condition or injury that may affect their ability to train.

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- Adhere to the safety rules, following the advice of coaches.
- Avoid bad language and irresponsible behaviour.
- Report any behaviour they are uncomfortable with to a coach.
- Not post any inappropriate comments regarding club members, coaches or officials on any social networking sites.

3. Photography and Video

Alton Runners recognises the need to ensure the welfare and safety of all young people in athletics. In accordance with the UK Athletics child protection policy and procedures, we will not permit photographs, video or other images of children/young people to be taken without the consent of the parents/carers and children/young people.

Alton Runners will take all possible steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform the Club/County Welfare Officer immediately.

4. Responsible Adults

Junior Members' Responsible Adults must:

- Be a member of Alton Runners (Non Runner membership may be possible on request).
- Be one of the persons nominated on the Junior Members Membership Form.
- Be present at the training session in which the Junior Member is participating.
- Accept full responsibility for the welfare and behaviour of the Junior Member whilst they are attending Club activities.
- A Responsible Adult may "sponsor" more than one Junior Member – however, only one Junior Member may accompany their Responsible Adult at any training session.
- NB. Young Members do not require a Responsible adult, however parental consent is required when applying to join Alton Runners.

5. Coaches/Leaders

All members of the coaching team shall:

- Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
- Place the welfare and safety of the athlete above the development of performance
- Be appropriately qualified including obtaining DBS clearance, update their licence and education as and when required by UKA.
- Ensure that activities they direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete.
- Ensure that a Junior/Young Member stops training during a particular session or for a period of time, for example if the coach/leader feels that continued training may negatively impact the Junior/Young Member's well-being.

6. Training Sessions

- If there are sufficient Junior Members at a training session then the coaching team will train these in a separate group. The Junior Members group will be coached by someone with minimum qualification of "Leader in Running Fitness". A second adult will assist the leader of this group.