

# Nuneaton Harriers Athletic Club



## Induction notes for new starters

**Please pay attention to these notes as they will help you get the best from your training and help ensure the safety of you and other users of the facilities**

### **Membership cards and training fees**

The club has to pay for the use of the stadium and clubhouse facilities and a fee is charged for each athlete attending a session. There is a reduced level of charge for members of the club – athletes will be asked to show their membership card at the kiosk to obtain the members' rate for entry.

### **Club coaches**

Nuneaton Harriers has qualified running, athletics and race walk coaches; members should respect that all the coaches and officials are volunteers giving their time freely. Club coaches have a valid UKA Coaching license or are working towards one. Additionally, the Club ensures that coaches, officials and parent volunteers who work with children undergo a Disclosure and Barring Service (DBS) check in line with UK Athletics practice and coaches are encouraged to undergo Child Protection training.

### **Training tips**

- Please wear suitable footwear to training. If in doubt about footwear, please speak to one of the coaches.
- Be suitably dressed as we train in all weathers.
- Don't eat a large meal before training as it may feel uncomfortable when you run.
- Bring a drink of water or sports drink (not fizzy), especially in warm weather.
- Please inform your coach if you cannot attend training; irregular attendance, without good reason, may mean that your place is allocated to a new athlete.
- Please ensure that the coach is aware of any special needs or if you have an injury.

### **Safety in sessions**

Risk assessments on our training facilities (athletics track and equipment) are carried out. Procedures and safe practices have been adopted to deliver appropriate instruction and training, and all reasonable and practical measures taken to avoid risk. The responsibility for ensuring safety rests with everyone concerned including athletes.

### **As a club member, your duty is to:**

- Take reasonable care of your own health and safety and any others who may be affected by what you do or don't do.
- Cooperate fully with the club on health and safety issues.
- Listen carefully to instructions from your coach and do only what you are instructed to do. Use equipment provided by the club correctly and as instructed by your coach.

- Make sure your coach and/or team manager have up-to-date emergency contact details and any relevant medical information for you.
- Do not interfere with, or misuse, anything provided for your health, safety or welfare, e.g. stay outside roped-off throwing areas during training/competition, unless you are throwing.

### **Conduct in training sessions**

During training, all athletes are expected to behave responsibly and to cooperate with other athletes and coaches. If children do not behave properly during training, they may be asked to leave the session and their parents notified. If poor behaviour continues, they will no longer be allowed to participate in club activities. Parents are welcome to watch their children in the training sessions but are required to remain outside the performance area unless assisting the coach.

### **On the track**

- Look both ways before crossing the track or moving across lanes.
- Look out for others on the track. In particular, do not get in the way of lanes being used for hurdles or relay practice.
- Headphones/earphones must not be worn when on the track.
- No chewing gum or food should be taken onto the track.
- Lanes 1 and 2 should not be used for warm up/cool down running unless instructed. Leave these lanes free for athletes running efforts and timed runs.
- Do not use the infield area for warm up/cool down running if there are throwers using the field. If necessary warm-up outside the stadium in the park.
- If someone shouts "TRACK", move to the right (or onto the inside of the track) and let them pass you on the inside.
- Don't stop suddenly on the track, someone may be close behind you.
- Should an athlete running an effort/timed run find their way blocked by someone jogging/walking/standing on the inside lanes, they should shout "TRACK" to alert that person to move aside.

### **Jumps sessions**

- Make sure you know what you are doing before you jump.
- Wait for the coach to tell you to jump.
- Make sure the runway and landing area is clear.

### **Throws sessions**

- Make sure you know what you are doing before you throw.
- Wait for the coach to tell you to throw.
- Make sure the area is clear before you throw.
- Always walk, DON'T RUN, to pick up equipment.
- NEVER walk across the shot putt area.

**First Aid** - Is available in the clubhouse and also in the main Pingles leisure centre.