



## Birtley Athletics Club Welcome Pack



A warm welcome to Birtley AC! In this pack you'll find useful information and advice, an application form, and the club Code of Conduct.

As a member, it's important that you adhere to the code to make the club a safe environment for all members.

As a club we treat all our members equally, regardless of age, ability, gender, race, sexuality, ethnicity, or religious beliefs.



Info at [www.birtleyac.co.uk](http://www.birtleyac.co.uk)

BAC002 Birtley Athletics Welcome Pack  
May 2011

## BIRTLEY ATHLETICS CLUB (founded 1987)



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| Club Headquarters | Lord Lawson of Beamish Academy,<br>Birtley Lane, Birtley |
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| Club nights | Tuesdays and Thursdays at 6.45pm<br>(Additional sessions at the discretion of coaches & athletes – check <a href="#">website</a> regularly for details) |
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| Membership fees<br>(Includes North of England<br>Registration fees) | Payable by 1 <sup>st</sup> May annually                                       |
|   | Adults £50<br>Family £80<br>Juniors, u/30 £30<br>Unemployed<br>& students £30 |

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| Nightly subscription | All members to pay £2 per week (payable on first night of attendance) Money paid at door and register signed |
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| Club Contacts | Chairperson        | Les Todd   |
|               | Secretary          | Val Baxter<br>7 Lanchester<br>Fatfield<br>Washington<br>NE38 8SR<br>Tel: 07739097411<br>Email: <a href="mailto:val.baxter@yahoo.co.uk">val.baxter@yahoo.co.uk</a>            |
|               | Coach co-ordinator | Ed Lown<br>19 Fairisle<br>Ouston<br>Co. Durham<br>DH2 1JT<br>Tel: 0191 4105267<br>Email:<br><a href="mailto:edlownbirtleyac@hotmail.co.uk">edlownbirtleyac@hotmail.co.uk</a> |
|               | Treasurer          | Pauline Lown   |

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| Club Website | <a href="http://www.birtleyac.co.uk">www.birtleyac.co.uk</a> for news, race dates, and further club information.<br>Find us on Facebook as Team Birtley AC<br>Follow us on Twitter as @BirtleyAC |
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| Coaches         | <p>The club has a number of UK Athletics qualified coaches who work with the club on a purely voluntary basis. Their drive and commitment help all of our athletes achieve their goals, and make the club the success it is today.</p> <p>A full list of coaches and the qualifications they hold is available on <a href="http://www.birtleyac.co.uk">www.birtleyac.co.uk</a> along with the coaching structure, and a list of our qualified officials can also be found there. Many of our coaches have also had training in first aid, child protection and equality and diversity.</p> <p>Copies of our child protection policy are available on request from our welfare officers (Ed Lown and Joanne Bell).</p>   |
| Code of Conduct | <p>A code of conduct exists for all members and associates of Birtley AC. The general code of conduct is included in this pack, and all codes of conduct are available on the club website (address above).</p>   |
| Club Clothing   | <p>The registered club colours are a blue vest with a yellow side stripe, and blue shorts with yellow stripe. Athletes are required to wear club vests in most events – these can be purchased from the treasurer Pauline Lown, along with club sweatshirts. Hoodies (with athlete name if desired), bags, beanie hats and lightweight jackets are also available – see Lee Millmore for samples and orders.</p>  |
| Club Activities | <p>Throughout the year the club competes in a variety of athletics events, road racing and track and field. All upcoming races, events, etc. are displayed on the noticeboard – <u>please check regularly</u>. The club enters teams in Northern and National competitions. A copy of the selection procedure is available on our website. <b>AS THIS IS AN ATHLETICS CLUB, MEMBERS ARE EXPECTED TO COMPETE.</b></p> <p>The club holds various social events throughout the year such as discos and Presentation Night, with reduced price tickets for members. Numerous fundraising activities also take place during the year, with monies raised being used to help finance events and to add to the development fund.</p> <p>Club meetings are held each month to discuss club business – times and dates will be given on the website/FB/Twitter. Agenda items can be recorded on the club notice board. <b>All</b> members are encouraged to attend and have input into how the club is run - contact the club secretary Val Baxter at <a href="mailto:val.baxter@yahoo.co.uk">val.baxter@yahoo.co.uk</a> for further details of time and location.</p> |



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| <p>Top tips for new members, and parents of younger athletes</p> | <p>Attending your first proper competition can be daunting, but it needn't be. Here are some tips to help you enjoy the experience!</p> <ul style="list-style-type: none"> <li>● Remember to pack your vest and spikes (if needed) – almost all events require you to wear your club vest.</li> <li>● Arrive in plenty of time - if the race is due to start at 11.30, try to arrive by 11. For league matches, your coaches need to sort out teams on the day, so the earlier you arrive the easier it is for all involved.</li> <li>● Look for the Birtley colours and coaches (or our flag + tent at cross-country races). For a lot of the events, Birtley AC will have already registered you, but you will still need to get your number from one of the coaches, and let them know you've arrived.</li> <li>● Certain events (e.g. North Eastern Athletics League) require registration on the night – sign up and pay for the events you wish to compete in, then you will be given a number – allow plenty of time to register.</li> <li>● Bring a good supply of safety pins to attach numbers to your vest (usually two numbers - one for the front and one for the back = 8 safety pins).</li> <li>● Most T&amp;F league matches begin at 11.30 on a Sat/Sun and last for most of the day – bring lunch! Most venues have space on grass for chairs, rugs, etc. if it's a nice day.</li> <li>● If transport (or time) is a problem, please remember that our members are very friendly and will help out with car-sharing etc. if possible.</li> <li>● Cross-country can sometimes be cold and wet – remember to bring a change of clothing, wet wipes and a big bag for the muddy stuff!</li> <li>● Remember to warm up and then cool down after the event(s).</li> <li>● Remember, you may not win, but participation is important, and this is especially so in league matches, where the club can gain valuable points for every member who competes. We also gain points for running certain field events – please help out if you're asked to do so by a team manager, or even better – volunteer your services at the start of the match!</li> <li>● Results are often displayed on the day (usually near the reporting box), but if not, they can usually be found online – search for the particular event and you will often find a link to results, or <a href="http://www.thepowerof10.info">www.thepowerof10.info</a> is a good general site, with athlete profiles plus links to most main events.</li> <li>● Try to perform to the best of your abilities at all times, but more importantly, <b>ENJOY IT!</b></li> </ul> |
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# Coast to Coast Relay 2008



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Challenge



Club Presentation Night



# General Code of Conduct

## Aims

For a safe, wholesome and developmental environment, good order has to exist within Birtley Athletics Club. Children need a well ordered, purposeful and caring atmosphere and it is our aim to create and maintain such conditions. In order to achieve this aim, a code of conduct will apply at training sessions, race meetings and social events.

A Code of Conduct exists for ALL members and associates of Birtley Athletics Club. A copy of this code is available on our website [www.birtleyac.co.uk](http://www.birtleyac.co.uk) and is also on display in the club meeting place.

## Behaviour

- Behave sensibly and with consideration for others at ALL times
- Do not behave aggressively, either verbally or physically, to anyone.
- No sexual or racial harassment (intimidation or bullying)
- Do not vandalise property belonging to the club or anyone else.
- No spitting
- Do promote a good image of Birtley Athletics Club
- Do not be rude or insolent to anyone.
- Do not swear or use obscene language or gestures
- Recognise the importance of team spirit
- Dispose of litter correctly
- Do have fun and enjoy yourselves

## Health & Safety

- **Obey instructions from coaches and club officials**
- **Do not endanger others**
- **Observe track protocol, you will be reminded of protocol prior to each training session**
- **Always wear the appropriate footwear and training clothes**
- **No chewing gum whilst training**

**TRY TO PERFORM TO THE BEST OF YOUR ABILITY AT ALL TIMES**



## Club Welfare Officer Details

### Welfare Officer in training:

**Name :- Joanne Bell**

**Email :- [jlbell71@googlemail.com](mailto:jlbell71@googlemail.com)**

**Phone Number**



### Welfare Officer 2:

**Name :- Ed Lown**

**Email :- [edlownbirtleyac@hotmail.co.uk](mailto:edlownbirtleyac@hotmail.co.uk)**

**Phone Number 0191 4105267**



The Welfare Officer will:

- Deal with confidential matters that may arise related to athletes and have an understanding and an appropriate way to such matters.
- Responsible for the promotion of codes of conduct to members, parents and young people.
- Receive, record and pass on to the NGB Child Protection officer, any concerns relating to the welfare of young people and vulnerable adults
- To provide advice on the development of activities for young people within the club/organisation.
- Support the registration of all personnel involved in activities for young people with the club/organisation (CRB checks).
- Recognise the difference between poor practice in according to club rules and matters that would be seen as welfare issue.



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