



TAMAR TROTTERS JUNIOR ATHLETICS CLUB

www.tamartrotters.co.uk

Dear PARENT / GUARDIAN

We welcome your child to the Tamar Trotters Junior Athletics Club.

The training sessions have been developed by UK Athletics qualified coaches and are intended to provide an opportunity for young people, between the ages of 7 and 15 years, to receive coaching aimed at developing athletic ability in a progressive and fun way in a safe environment. All sessions are led by qualified coaches who have been screened by the Disclosure and Barring Service (DBS) for their suitability for working with young people.

There is no annual membership fee although we do charge £2 per training session attended.

In the summer the training will take place outdoors on the grass track at the rear of Saltash.net Community School in Saltash. In the winter the training will take place in the indoor sports hall at the school. Training sessions are held on Wednesday evenings. There are two separate sessions aimed at different age groups, the first session is from 17:30 to 18:30 for school years 3 to 6 inclusive. The second session is from 18:30 to 19:30 for school year 7 upwards. Our sessions occasionally include outdoor runs over cross-country terrain or on roads. These runs are led by experienced runners and a ratio of 1 adult to 6 children is always maintained. The outdoor runs are optional so if any young athlete does not want to take part they can opt out.

Training will not take place during school holidays including Half Term, Easter and Summer school holidays.

Arrangements should be made for your child to travel safely to and from the training sessions. We will appreciate it if children can arrive promptly at each session and are collected immediately after training ends. If you are going to be late picking your child up, please contact one of the coaches and let them know.

Please ensure that your child has suitable kit comprising the following: shorts / tracksuit bottoms, training / running shoes, T-Shirt / waterproof jacket / tracksuit top. You should also ensure that your child brings a bottle of water along to each training session.

The safety and welfare of the children attending our training sessions is of paramount importance and the Tamar Trotters Running Club has a duty of care to safeguard all children and young people from harm. In return we ask that parents / guardians also accept responsibility for allowing their child to attend our training sessions.

Prior to your child attending the first training session we require that you read and acknowledge the *Code of Conduct for Parents / Guardians* and the *Code of Conduct for Junior Athletes*. Copies of these documents are available to view on request and are also available on our website at www.tamartrotters.co.uk

For the safety of your child it is important that the Club is informed of any medical condition or allergies that may be relevant should your child fall ill or be involved in an accident while at the club. If there is a possibility that your child may require medication whilst training we ask that a parent remains during the session.

If you would like to talk to someone at the club about this information or your child's involvement with the club, please call any of the contacts listed overleaf.

Club Contact Details

Name	Role	Telephone Number	Email Address
Colin Bunting	Coach	01752 847185 07734 925082	colin.bunting@run97.co.uk
Helen Roper	Coach	07940 583368	helenr_06@hotmail.co.uk
Sharron Nance	Coach	01752 292984	shazznay@blueyonder.co.uk
Helen Ralph	Child Protection Officer and Coach	01752 851205 07968515691	roseway444@btinternet.com
Diane Sweet	Club Welfare Officer	01752 851622 07929 028977	sweet1964@live.co.uk

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