

# EYNESHAM ROADRUNNERS

The Eynsham Roadrunners Club encourages junior membership in order to promote the sport of running and allied disciplines. This note sets out the way the Club will seek to achieve a safe and enjoyable training environment for its younger members. The policy and procedures will be reviewed every 12 months from the date of publication, or more frequently as decided by the Club committee.

## PROCEDURES FOR JUNIOR RUNNERS

Junior members are admitted subject to the parent or guardian agreeing to the policy and procedures, and completion of the "Consent Form for Parents/Carers".

Junior members aged 9–14 years must be accompanied to Club meetings by a *responsible adult* (see next section) who shall either be a parent (or legal guardian), or an adult with the written delegated authority of the parent.

Members aged 9–14 years must be formally supervised during Club meetings, using the *accompanying adult* procedure described on the next page. Juniors between the age of 14 and 18 are not required to comply with the *accompanying adult* system, but it is the duty of the *responsible adult* to ensure that the member runs accompanied by adult members of their general ability.

For members aged under 9 years, the Club will not undertake supervision during training sessions or at events. Such members will be the sole responsibility of their parents or a delegated adult.

The *Welfare Officers* (see box) will ensure the availability of a weekly programme of runs or training events suitable for all junior abilities and shall pro-actively allocate members to act as *accompanying adults* on a rota basis. Where a run or training event requires car travel to the venue, one of the Welfare Officers shall issue a travel consent form to the junior member at least one week prior to the event. Junior members may not be taken to away events by a non-related Club member if there is no consent form completed by the parent/guardian.

The Club will maintain a rota of volunteer accompanying adults who agree to comply with the Procedure for Junior Runners. As far as possible, a minimum of 2 accompanying adults will be available at every Club meeting. The *responsible adult* must ensure that the junior member is placed in a supervised group. In the event that supervision is not available, the *responsible adult* remains in charge of the junior.

A minimum of 2 accompanying adults is required per group of runners aged 9–14 years. If the group size exceeds 15, another accompanying adult must be co-opted for every 7 additional juniors. If additional adults are not available, the group should be reduced in size.

The distances run by junior members in Club meetings should not exceed:

U12 3 miles                      U14 4 miles                      U16 5 miles.

(These maximum distances may vary for race events, depending on the organiser and the race licence)

Junior members should not run within 2 hours of a meal.

The junior membership form shall contain a section for the disclosure of relevant medical conditions and the treatments appropriate. All accompanying adults shall be notified of relevant details.

## POLICY STATEMENT

*The Club is committed to providing safe training and competition opportunities for junior members.*

*The Club committee will include one male and one female Welfare Officer whose joint role will include:*

- *child protection issues,*
- *encouraging the provision of effective training and coaching,*
- *general safety issues.*

*The officers will jointly review legislation and best practice to safeguard junior members and will advise the Committee so that the Club's policies and procedures meet these standards. The Welfare Officers must deposit self-declaration forms with A.A.A. of England.*

*The Club will follow guidance and best practice as set out in the publications of UK Athletics and A.A.A. of England.*

## RESPONSIBLE ADULT – DUTIES

The *responsible adult* is encouraged (but not required), to run as a Club member, to volunteer as an accompanying adult, or otherwise to participate in the organisation of the Club meeting.

The *responsible adult* must deliver any member aged 9–14 years to the meeting place by 6.30 pm on Club night and be present at the Club meeting place at 7.30 pm to collect the junior member after running.

Juniors between the age of 14 and 18 are not required to comply with the “accompanying adult” system, but the *responsible adult* must take reasonable steps to ensure that the junior runs accompanied by adult members of their general ability.

Adults who bring children aged under 9 years to the Club must retain responsibility for them during club activities.

## ACCOMPANYING ADULTS – PROCEDURES

This section applies to adult members who volunteer to accompany junior members aged 9–14 years when engaged in Club activities.

The junior members should be grouped according to ability. In summer, consideration should be given to training less able members or groups of mixed ability on the playing field or other locations where line of sight communication and supervision is more easily maintained.

Junior groups of mixed sex shall have male and female accompanying adults. Single sex groups may be accompanied by adults of the same sex.

The accompanying adults must maintain contact with all group members by re-grouping at least every 200 metres and in any case at every road crossing.

The accompanying adults shall be responsible for determining the satisfactory supervision ratio appropriate for a particular run or training session subject to the maximum of 15:2 (juniors:adults). The accompanying adults shall have the discretion to exclude juniors from a group in order to maintain satisfactory ratios and the responsible adult must then safeguard the junior. The Club committee may recommend different supervision ratios applicable to particular running routes or training sessions.

Junior members must run on footways not on carriageways, wherever possible. The accompanying adult must select a route that minimises running beside trafficked roads.

The routes to be run by juniors shall be selected by the accompanying adults who shall have regard to the prevailing weather conditions, daylight, composition and ability of the junior group.

In the event of accident or injury, the accompanying adults shall keep the group together by walking back to the Club premises. Where first aid assistance is required and the junior cannot walk, then one adult shall remain with the casualty and the second adult shall summon help by the most appropriate means. The second adult shall ensure the safety of the remaining junior members. The over-riding aim is to avoid a situation where any junior member is unaccompanied.

In the case of tiredness or very minor injury, it will be acceptable for other members of the group to continue to run as long as effective re-grouping is maintained to ensure that all members remain in communication.



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## CONSENT FORM FOR PARENTS / CARERS

**(This form must accompany every membership application from a person below the age of 18 years).**

I understand that Eynsham Roadrunners is an organisation dedicated to the sport of running mainly on public roads and footpaths rather than athletic tracks. The Club Policy and Procedure for Junior Runners acknowledges the risks presented by the activity and endeavours to minimise them to acceptable levels.

My child is in good health and I consider him/her to be capable of taking part in athletic activity. I consent that in the event of accident or illness, any necessary treatment can be administered to my child and that this may include the use of anaesthetics. I also understand that whilst Club personnel will take every precaution to ensure that accidents do not happen they cannot necessarily be held responsible for any loss, damage or injury suffered by my child.

Parent/Carer's name .....(please print)

Signature of Parent/Carer .....Date .....

### CHILD'S DETAILS

SURNAME ..... FIRST NAME(S) .....

DATE OF BIRTH .....

ADDRESS .....

..... POST CODE .....

CONTACT TELEPHONE ..... DAYTIME .....EVENING

.....MOBILE

MEDICAL/DIETARY INFORMATION - PLEASE DISCLOSE ANY RELEVANT CONDITION AND TREATMENTS

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DOCTOR'S NAME .....

DOCTOR'S TELEPHONE .....