

Grimsby Harriers & Athletics Club Members Handbook



CONTENTS

ABOUT US	4
OUR PURPOSE	4
OUR VISION	4
OUR WAY	4
SOCIAL AND COMMUNITY	4
COMMUNITY SCOUT POST.....	4
CLUB STRUCTURE	5
COMMITTEE.....	5
CLUB CONTACTS	5
ANNUAL GENERAL MEETING.....	6
CLUB INFORMATION	6
THE BENEFITS OF JOINING OUR CLUB.....	6
CLUB TRAINING/ MEMBERSHIP COSTS FROM 1ST APRIL EACH YEAR	6
ENGLAND ATHLETICS AFFILIATION.....	7
TRAINING	7
CLUB TRAINING INFORMATION	7
TRACK & FIELD SEASON	7
WINTER SEASON	7
HARRIERS PATHWAY.....	8
COMPETITION	12
TRACK AND FIELD.....	12
CROSS COUNTRY	12
CLUB VESTS	12
COMPETITIONS	13
OFFICIALS AND VOLUNTEERS	15
VOLUNTEERS.....	15
OFFICIALS	15
NEW COACHES.....	15
EXPECTATIONS FOR EVERYONE WITHIN THE CLUB	16
SAFEGAURDING	16



CODES OF CONDUCT, POLICIES & PROCEDURES..... 16



ABOUT US

We would like to give you a warm welcome to our Athletics Club. Our club has been established now for over 100 years, fully constituted in its current form in 1906.

We take athletes of all ages from 7 upwards, while also providing a qualification pathway for anyone looking to become a coach or athletic official.

Everything that we undertake as a club will follow our Purpose, Vision and Way.

OUR PURPOSE

To highlight and advertise athletics as a social/family friendly sport to the Local community.

To make sure that anyone interested in athletes can participate and enjoy athletics on the path they choose.

OUR VISION

We will provide pathways into athletics for all people interested in athletics, everyone within the club will feel valued as a member, and we will be seen as a friendly, professional and effective sports club.

OUR WAY

We understand our athletes/coaches/officials and their needs.

We encourage everyone to experience all athletics has to offer.

We behave professionally and with integrity. Our coaches are all Disclosure and Barring Service (DBS) checked.

We develop the coaching skills and tools we need to deliver the best athletic experience we can.

We drive continuous improvement in everything we do.

We offer a sociable/friendly environment for all our athletes.

We are committed to ensuring that athletes of all abilities can participate equally within athletics.

SOCIAL AND COMMUNITY

Our major social event of the year is the annual club presentation night, held in October / November and is a celebration of our athletes' achievements.

Leading up to Christmas, the club hosts its annual Christmas chocolate run at Weelsby Woods. This is an approximately one mile fun run with a chocolate treat for all finishers.

COMMUNITY SCOUT POST

Each year the club takes time to support the local Scout organisation in delivering Christmas cards in the area. Club volunteers help the Scouts to sort cards and deliver to areas in the town.



CLUB STRUCTURE

Our Club is constituted as a member's organisation and is run for and on behalf of all members as a completely voluntary organisation. The club has an elected governing committee with all members of the committee elected at the Clubs AGM serving 3 years before re-election except the Young Athlete Representatives (under 21 years) who are elected each year, one male and one female.

COMMITTEE

President	Mrs J Gibbons
Committee	Mr Anthony Clarke - Chairman
	Mr Eddie Williamson – Deputy Chairman
	Mrs Jacky Gibbons - Secretary
	Mr Simon Gibbons - Treasurer
	Mrs Andrea Bradshaw – Membership Secretary
	Mr Rob Allison – Committee Member
	Mrs Sue Allison – Club Welfare Officer
	Mr Richard Burgess – Coach Representative
	Mrs Julie Hawkins – Deputy Welfare Officer
	Mrs Sharon Lake – Committee member
	Mrs Sandra Wood – Coach Representative
	Miss Charlotte Hawkins - Young Athletes Representatives

CLUB CONTACTS

Mrs J Gibbons - Club Secretary	Anthony Clarke - Club Chairman
21 Buttermere Crescent	11 Seaton Grove
GRIMSBY	GRIMSBY
North East Lincolnshire	North East Lincolnshire
DN36 4AD	DN32 9SU
Tel 07913367892 (only between 6pm & 9.00pm)	Tel: ***01472 237492



ANNUAL GENERAL MEETING

The AGM is held in October of each year and is open to all club members. A letter will be issued by the club secretary notifying members of the time and venue. Any member wishing to apply to join the committee should notify the secretary in writing before the date of the AGM. If anyone would like to join the committee then please speak with a current member.

CLUB INFORMATION

THE BENEFITS OF JOINING OUR CLUB

- Membership of a proud and progressive club
- Membership of England Athletics
- Good social activities and events
- Access to experienced coaches and opportunities for development
- Competition opportunities at various levels
- Pathways to becoming fully qualified athletic coaches
- Pathways to becoming fully qualified competition officials
- A warm friendly culture
- A chance to meet others who share your aspirations

CLUB TRAINING/ MEMBERSHIP COSTS FROM 1ST APRIL EACH YEAR

MEMBERSHIP	ANNUAL COST (£)	NOTES
Individual	40	Includes England Athletics Affiliation
Family	100	This includes England Athletics affiliation for 3 family members. Additional affiliations can be arranged for £15 each.

GROUP	£/TRAINING SESSION	NOTES
Member	1	
Non-members	3	£2 of which is collected by the club to pay towards full membership

Athletes will not be able to compete in any competitions or eligible for club awards until membership is paid in full, which includes the England Athletics Affiliation.

Our Athletics club is run by volunteers and the fees charged are predominantly used to fund the venues we use. It also supports the costs of new equipment and coaching qualifications and pays the athletic league fees. Compared to other hobbies, athletics is a very affordable sport in which to participate.



ENGLAND ATHLETICS AFFILIATION

All athletic competition events are authorised by England Athletics, which provides the required insurance cover. England Athletics charges a once a year affiliation fee per athlete to support these costs.

TRAINING

CLUB TRAINING INFORMATION

Grimsby Harriers are based at the King George V all weather Athletic Stadium, Weelsby Road Grimsby, DN32 9RU.

For training nights all athletes should bring:

- A cold drink, preferably water
- Suitable sports clothing
- Suitable footwear (trainers/ spikes)
- Additional clothing to keep warm and dry

TRACK & FIELD SEASON

During the Track & Field Season April to September we train every Monday and Wednesday evenings.

Registration is at 5:45pm. Training 6pm – 7.30pm.

WINTER SEASON

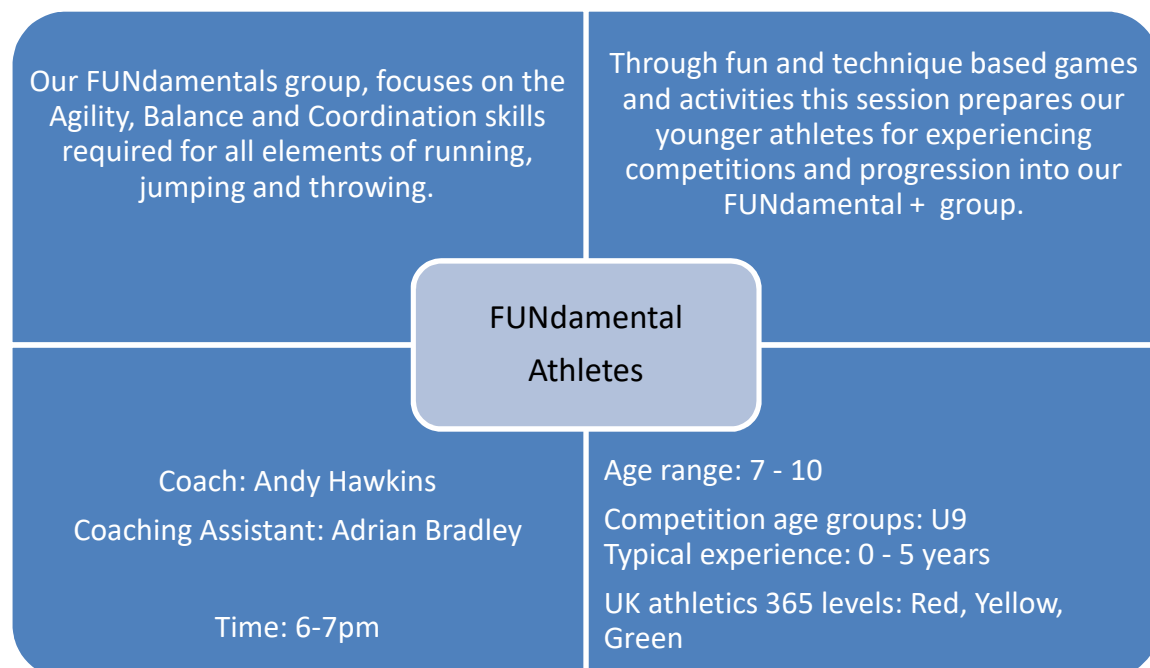
During the Winter Season October to March we train every Monday and Wednesday evenings.

Registration is at 5:45pm. Training 6pm – 7.00pm.



HARRIERS PATHWAY

We have structured our training groups in line with UK Athletics Athlete development pathway, starting with the FUNdamentals group and progressing to event specific groups. Our Harriers pathway and group details are shown below. Athletes are assigned a group when joining the club and are regularly monitored by the coaches to ensure the training is appropriate and beneficial to the athlete.





<p>The FUNdamental + group is predominantly for our under 11 athletes aimed at developing their all round running, jumping and throwing technique and fitness.</p>	<p>Continuing with the FUNdamentals theme of fun and technique this session prepares our athletes for competitions and future Foundation level training.</p>
<p>FUNdamental + Athletes</p>	
<p>Coach: Anthony Clarke Coaching Assistant: Richard Burgess</p> <p>Time: 6-7pm</p>	<p>Age range: 9 - 11 Competition age groups: U11 Typical experience: 0 - 5 years UK athletics 365 levels: Green, Purple</p>

<p>The Foundation group is predominantly for our under 13 and under 15 athletes aimed at improving their all round running, jumping and throwing technique and fitness.</p>	<p>Preparation for athletics competitions and laying the foundations for future event specific athletics training and competition.</p>
<p>Foundation Athletes</p>	
<p>Coach: Andy Hawkins Coaching Assistant: Debi Bradley</p> <p>Time: 6-7:30pm</p>	<p>Age range: 10 - 15 Competition age groups: U13, U15 Typical experience: 2 -8 years UK athletics 365 levels: Blue, Black</p>



Event group specific training for short and long sprints and hurdles.	Focused training for technique progression and competitions.
Event Group Sprints / Hurdles Athletes	
Coach: Anthony Clarke Time: 6-7:30pm	Age range: 13+ Competition age groups: U15, U17+ Typical experience: 3 - 10+ years UK athletics 365 levels: Bronze, Silver, Gold

Event group specific training for medium and long distance endurance racing.	Focused training for technique progression and competitions.
Event Group Distance Athletes	
Coach: Anthony Clarke Coaching Assistant: Debi Bradley Time: 6-7:30pm	Age range: 13+ Competition age groups: U15, U17+ Typical experience: 3 - 10+ years UK athletics 365 levels: Bronze, Silver, Gold



<p>Event group specific training for all throw athletes.</p> <p>Shot putt, javelin, discus and hammer throws.</p>	<p>Focused training for technique progression and competitions.</p>
<p>Event Group Throws Athletes</p>	
<p>Coach: Anthony Clarke Coaching Assistant: Richard Burgess</p> <p>Time: 7-7:30pm</p>	<p>Age range: 13+</p> <p>Competition age groups: U15, U17+</p> <p>Typical experience: 3 - 10+ years years</p> <p>UK athletics 365 levels: Bronze, Silver, Gold</p>

<p>Event group specific training for all jump athletes.</p> <p>Long jump, triple jump, high jump and pole vault</p>	<p>Focused training for technique progression and competitions.</p> <p>Strength and conditioning training during the winter season.</p>
<p>Event Group Jumps Athletes</p>	
<p>Coach: Eddie Williamson Coach: Andy Hawkins</p> <p>Time: 6-7:30pm</p>	<p>Age range: 13+</p> <p>Competition age groups: U15, U17+</p> <p>Typical experience: 3 - 10+ years years</p> <p>UK athletics 365 levels: Bronze, Silver, Gold</p>



COMPETITION

There are many types of competitions in Athletics- Track and Field, Cross Country, Road, Indoor Athletics and Sports hall. Competitions can be Open Meetings or league matches. For athletes performing well in local competitions there may be the opportunity to compete for Humberside or Lincolnshire counties.

We like athletes to represent the club in competitions. We encourage all athletes to take part to gain experience, learn how to compete and gauge their own performance.

Athletics competition is operated through an age range structure. The operative date for determining membership of age groups for all athletes under age of 17 is the 31st August at the end of the competition year. The "Competition Year" is from 1st October to 30th September in the following year.

TRACK AND FIELD

AGE GROUPS	AGE	SCHOOL YEAR
Under 9	7, 8	-
Under 11	9, 10	4 and 5
Under 13	11, 12	6 and 7
Under 15	13, 14	8 and 9
Under 17	15, 16	10 and 11
Under 20 (Juniors)	17 or over on 31 Aug but under 20 on the 31 Dec	6th Form
Over 20 (Seniors)	At least 20 on 31 Dec	In the calendar year

CROSS COUNTRY

All athletes stay in the same year group as above with the exception of the 10 year olds who once turn 11 competes in the Under 13 age group. **Note.** Members who are aged 8 years in Year 3 may be able to take part in the 'Open' competitions on the Track & Field and Cross Country but are to check with the Event organiser or Club Secretary before entering the competition/race.

CLUB VESTS

The blue and white hoops of the club vests have been a constant sight at regional and national events throughout the years. When competing for the club a club vest must be worn. Vests can be purchased from the Secretary Jacky Gibbons priced at £16 or £18 (depending on size).



COMPETITIONS

Grimsby Harriers competes in the following Leagues and Open competitions across the region.

Summer/Track and Field Season (April – September)		
LEAGUE / OPEN	AGE GROUPS	VENUES & DATES
Humberside League	U9 upwards	5 matches See Fixture List
National Youth Development League. (YDL) Lower Age Groups	U13, U15	4 matches See Fixture List
National Youth Development League (YDL) Upper Age Groups	U17, U20	3 matches See Fixture List
Kingston-upon-Hull Open	All	Costello Stadium / April
Grimsby Harriers May Day Open	All	King George V Stadium / May
Humberside and Lincolnshire County Championships	All	TBC / May
Cleethorpes AC Open	All	King George V Stadium / May
Hull September Open	All	Costello Stadium / September
Grimsby Harriers September Open	All	King George V Stadium / September
Wolds Dash Series	All	Hubbards Hills, Louth 5 monthly evening races May to September



Winter/Cross Country Season (October - March)		
LEAGUE / OPEN	AGE GROUPS	VENUES & DATES
Lincolnshire League - 4 matches	U11s upwards	Various venues in Lincolnshire
Scunthorpe AC, - Open	All	Quibell Park, Scunthorpe / November
Cleethorpes AC – Open	U11s upwards	Multi Terrain/Beach / October
Barton & District AC – Open	All	Barton
Lincolnshire and Humberside County Championships	U11s upwards	Venues within each county / January

Other winter events		
LEAGUE / OPEN	AGE GROUPS	VENUES & DATES
Sportshall competition	U11, U13, U15	3 dates. Various regional venues.
Cleethorpes AC Prom Series 5K/3K	U11s upwards	October to March. First Tuesday of each month
North of England Indoor Athletics Open and Championship races	U11s upwards	Sheffield

Please see a member of the club for more information on what events are taking place and how to enter or you can check our website www.grimsbyharriers.org.uk for upcoming events.

Please feel free to ask for help, that's what we are here for!



OFFICIALS AND VOLUNTEERS

VOLUNTEERS

We are very fortunate to have such supportive volunteers helping in our club. The club would not be able to function without these very special people. If you would like help with any aspect of running of the club, please speak to a member of the committee or coaching team.

We are always looking for willing volunteers on training nights on an ad-hoc basis, please let the coaches know if you can help.

OFFICIALS

If you enjoy athletics and want to get involved with running the events we provide training and pathways to full accreditation with England Athletics for the following official areas of expertise.

- Track Judges (Decide who finishes where in each race)
- Time Keepers (Record times for every finisher)
- Marksman (Supports the starter at races)
- Field Judges (Mark distances and jumps as well as correct technique used in all field events)
- Results Recorder (Collating points using Computer systems)

A typical track and field event requires:

- 6 Track Judges
- 6 Time Keepers
- 1 Marksman
- 1 Starter
- 12 Field Judges

NEW COACHES

The club is always looking out for enthusiastic dedicated volunteers to join our core group of coaches.

Qualifications in coaching start at a basic level for 14 year olds with a clear England Athletics pathway all the way up to regional mentor coaches.

The track and field coaching pathway is below:

- Leader in Athletics (14 years plus) – Lead athletic activities in support of a Coaching Assistant or Athletics Coach
- Coaching Assistant (18 years plus) - Deliver a coaching session while under supervision of a full Athletics Coach at the training venue
- Athletics Coach (18 years plus) - Fully qualified and insured coach creating training programmes and mentoring leaders and coaching assistants.
- Leadership in Running Fitness (18 years plus) - Allows leader to take a group of athletes running on the roads.
- Coach in Running Fitness (18 years plus) - Road Running/Cross country specific coaching.



EXPECTATIONS FOR EVERYONE WITHIN THE CLUB

SAFEGAURDING

Grimsby Harriers & AC acknowledges the duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and England Athletics requirements.

Our safeguarding policy recognises that the welfare and interests of children are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children:

- have a positive and enjoyable experience of sport at Grimsby Harriers & AC in a safe and child centred environment
- are protected from abuse whilst participating in Athletics or outside of the activity.

The welfare officers contact details are: Rev.Sue Allison, Telephone: [redacted] email: Welfareofficer@grimsbyharriers.org.uk,

The deputy welfare officers contact details are: Julie Hawkins, Telephone: 07737 599471, email: Welfareofficer@grimsbyharriers.org.uk

CODES OF CONDUCT, POLICIES & PROCEDURES

Grimsby Harriers operate using the following policies and procedures:

- Grimsby Harriers code of conduct for club officials and volunteers
- Grimsby Harriers code of conduct for adult members
- Grimsby Harriers code of conduct for junior members
- Grimsby Harriers code of conduct for parents and carers.
- UK Athletics coach code of practise
- Grimsby Harriers safeguarding policy statement
- UK Athletics safeguarding adults in athletics – policy and procedures
- UK Athletics safeguarding and protecting children in athletics – policy and procedures
- UK Athletics anti bullying policy
- UK Athletics whistleblowing policy
- UK Athletics Equality, Diversity and Inclusion Policy

All codes of conduct, policies and procedures are available via the website or on request.