



Mallusk Harriers

Academy Sports Club

Mallusk Road, Newtownabbey, BT36 4QE

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JUNIOR TRAINING POLICY & GUIDELINES

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Our commitment - Club Safeguarding

Mallusk Harriers, including the committee and coaching team have signed, agreed and completed Club Safeguarding including Code of Code of Conduct as part of Club Standards. Please refer to the Mallusk Harriers Safeguarding Policy. As a club we have:

- Adopted the children and young people safeguarding policy guidelines.
- Ensure all members sign up to the relevant codes and agree to club policies and guidelines. This includes codes to Junior Members and their Parents and Carers as well as Coaches and Leaders.

Leaders and Coaches

When working with groups of children, young people and adult participants, there must be enough coaches, leaders, and other suitable volunteers to provide the appropriate level of supervision.

Mallusk Harriers will ensure that there are enough suitable volunteers to ensure participants are safe and that the session can be delivered in a safe and enjoyable environment.

Risk assessments will always be determined with the ratio of volunteers to children. As a guide through governing bodies, the recommended ratios are:

- 8-12 years old: 1 suitable volunteer to 8 children (with at least 1 UKA Licensed Athletics Coach present)
- 13-18 years old: 1 suitable volunteer to 10 children (with at least 1 UKA Licensed Athletics or Coaching Running Fitness Coach)

Junior Training Specific Junior Training sessions are held for the following age group:

Junior Sessions 8+ (Tuesday Junior Training Sessions)

Juniors must be 8+ in line with UKA insurance guidelines. Junior training sessions are managed through the events section within TeamApp and must be signed in by a Parent or Responsible adult.

These sessions are in a controlled environment/location. Eg Track and/or field facilities.

Junior Progression

As junior members progress through competition and ability – Junior members can be invited to be included in additional training which may fall within Senior Member training sessions. This will be guided by the Head Junior Coach. If this is the case, the following will apply:

Juniors 12+ (Senior Tuesday Thursday & Training Sessions Track and/or Field)

Juniors who are 12+ who wish to participate in Senior Tuesday training sessions must follow these guidelines:

- Must be able to run 5k comfortably which must be evidenced.
- Must be always accompanied by a responsible adult. The responsible adult may be present as participating in the session or observing from track/field side.
- Be discussed with and seek permission from the Junior Coaching Team in advance.
- Book into the Senior Session through TeamApp– through a responsible adult who will note that a junior member will be participating in the session.
- The responsible adult will have signed this policy and waiver.

Juniors 14+ (Senior Strength & Conditioning)

Juniors may also take part in club led Senior Strength & Conditioning classes. To do this, they must also be accompanied by a responsible adult, who is either participating in the class or observing from gym side.

Communication

Lead coaches will communicate to the members attending senior sessions that a junior member is participating in the session on all occasions. Juniors are not insured by the club at any other session during the week and as such, participation must be agreed between the responsible adult and coaches prior to the session and a waiver signed, by signing this policy you are accepting responsibility of this.

This policy is designed to protect all members, juniors, seniors, coaches, and volunteers. If you have any queries or concerns, please contact the management committee.

I, <INSERT YOUR NAME> have read and understood the policy and will abide by it as a member of <INSERT YOUR ORGANISATION'S NAME>.

Name of Junior Member:

If under 18 years of age, name of Parent/Guardian:

Signature:

Date: