



## **Hartlepool Athletics**

### **Information Sheet**

#### **General Information**

You will be taking part in age-appropriate and/or ability-appropriate fitness / running and athletics with Hartlepool Athletics Club

#### **Where will the activities take place?**

The sessions will take place at High Tunstall College and will either be indoor in a sports hall or outside on a grass track or MUGA. Children participants will not be allowed to leave the premises without an adult present or otherwise pre-organised with coaching staff. If your child is attending alone, please ensure you inform coaching staff who will decide whether this is appropriate (this is on a discretionary basis dependent on age/travel and MUST be agreed with coaches in advance)

#### **When?**

The club categorises the sessions for children using school year groups. The club offers 2 sessions per week for each year group. Check with a coach or on our website for spaces and times. There are events specific groups that are INVITE only. Adult sessions are available for anyone who is post-16.

#### **What can you expect from the Athletics Club?**

Level 2 Qualified Coaches and support staff will be present each week to coach the running / fitness activities. The club also relies on volunteer leaders and coaches who are integral to supporting the sessions.

#### **What is Athletics 365?**

Athletics 365 is a multi event, young people development programme that has been created by England Athletics to introduce and develop the fundamental skills of athletics. The curriculum is broken down into 9 progressive stages and is designed so that the participants can develop their way through the progressions through different challenges and be awarded at each progressive stage for their achievements.

#### **Parental / guardian responsibilities**

Participants and/or Parents / guardians have a responsibility to read this Information Sheet and sign the Consent Form agreeing that you or their child can participate in the weekly activities. Hartlepool Athletics Club have a duty of care to you and/or your child whilst they are present at training. Any medical requirements must be detailed on the consent form.

#### **What should I bring to the sessions?**

Please ensure you are dressed appropriately for running and athletics activities. Light, loose clothing (shorts and t-shirt) is applicable and trainers or running spikes should be worn. Please ensure they bring a drink and any medication etc. they may require. Please be aware that on occasion we may run outside in slightly cold weather so appropriate clothing should always be brought in case.

### **Is there a cost?**

The first session is always free and is a taster for **new** members. Following this a pro rata is required to be paid to secure your place within a weekly session.

**If the taster session took place between 1<sup>st</sup> and 10<sup>th</sup> of the month and you would like to continue then the outstanding pro-rata balance for the month is £14.**

**11<sup>th</sup> to 20<sup>th</sup> is £10, 21<sup>st</sup> to 31<sup>st</sup> is £6. (1 session per week)**

If you attend 1 session per week then the monthly membership fee of £18.

If you attend 2 sessions per week then the monthly membership fee is £36.

Membership fees can be paid via a monthly standing order using the following bank details

Account number: 84280581 Sort Code: 55-81-04

Cash and cheque payments are **no longer accepted.**

### **What happens if I can't make a session or a session is cancelled?**

If a session is cancelled or you are unable to make a session, you are encouraged to join another session that week or in the following week (this must be organised and confirmed with your coach before attending an alternative session). It is important to note that once you confirm your monthly membership with the club you are committing to pay the full monthly membership unless you have informed the Head Coach that your child has withdrawn from the club permanently. You are expected to pay your monthly membership on full during holiday periods.

### **What happens to the information I give on the consent form?**

The information will be held in a secure folder. It is for the use of Hartlepool Athletics and will not be shared with any third party.

**If you have any questions, please do not hesitate to contact a member of the training team:**

**Contact details:**

**John Spence (Head Coach)**

**Mob: 07972734619**

**Email: [hartlepoolathletics@gmail.com](mailto:hartlepoolathletics@gmail.com)**

**[www.hartlepoolathletics.com](http://www.hartlepoolathletics.com)**

**Twitter: @HartlepoolAth**

**Instagram: @Hartlepoolathletics**

**Facebook: @hartlepoolathletics**