



"To strive with honour"

Dear Parents and Families,

Welcome to the 2019/2020 season of Little Athletics. We hope you've taken the time to read through the Yearbook you received with your Registration Pack. If you have yet to receive it you can download it from our website at www.emuathletics.com.au under Centre Info>Yearbook.

Please ensure your athletes have the correct registration number and age group patch attached to their uniforms.

Parent must remain at the oval at all times. This is a condition of registration. If there is an injury or the age group finishes early you must be available.

U11's and U12's move up to 80m Hurdles this year. This is a new rule change by LANSW.

We are a very big club, with a lot of athletes on the field at any one time, so please take a moment to read the following to help ensure the safety and well-being of everyone:

Communication

- We communicate important information through a number of channels:

Website: www.emuathletics.com.au

Facebook: emuplainslittleathletics

Team App: EPLAC – you need to download this app and apply to join your child's age group.

- Please do your best to find relevant information yourself first prior to making contact with us as the start of the season is extremely busy and we are often already setting up for the night.
- Wet or extreme weather announcements will be posted on all three platforms no later than 5pm on a day when weather is a concern. Please do not attempt to individually message or call us as we do not have the capacity to respond.
- Decisions to cancel the evening or to postpone the start of the night are not made lightly and we understand this might not be agreeable to all. These decisions are not made lightly but are always done with the safety of our athletes and volunteers in mind and in accordance with LANSW weather policies.
- No announcements by 5pm means competition is running as planned.

Parental Involvement

- Parents and spectators are not allowed to be on the main oval and will be asked to move on. The only exception is by arrangement with an Age Manager to have designated helpers. All helpers must be in a hi-vis vest.
- We promote the state-wide Shoosh for Kids campaign each year. There is nothing worse than the negative behaviour of someone on the sidelines ruining the night for everyone. Remember, if you can't say something positive, it's best to say nothing. Athletics is for fun and fitness – it is not the Olympics.
- Rosters will be created for age groups each week to assist with Canteen, set up and pack up of the oval. Athletics is a very equipment heavy sport and many hands make light work. Rosters will be handed out to children the week before the duty is due. Reminders will also be sent via Team App and Facebook.
- U6's, U7's and U8's will require additional help. These age groups will not be allowed to start the night until we are satisfied there are enough parent helpers to assist with toilet breaks, lining up with heats and assisting on the finish lines of events.
- Parent assistance will also be required on Hurdle nights. Hurdle events will not start until we have sufficient help to assist with picking up hurdles and adjusting heights and flights. Round track hurdles is only for about 30-40 minutes. Straight track hurdles is about 90 minutes – parents can tag each other out if they need to leave early.
- Please assist the Age Managers at field events (outside the track). They will need a recorder, a person to measure and someone to rake the pit or return throwing implements.
- If you have a concern or a disagreement about rules or measurements, please raise this in a polite and respectful manner. Everyone helping on a Friday night, including Committee members, are all volunteers. Disrespectful and/or abusive confrontations will result in parents being asked to leave.
- Please take care when crossing the track. We start a Walk event every second week at 6pm so always be mindful of what is in progress on the main oval before you cross.
- Please advise athletes, particularly those in the younger age groups (especially U6's) that they are not to touch the gates, or swing from them, when they run through.

Bullying

- Joining athletics means kids form new friends and social groups. This can sometimes be a challenge. EPLAC has a zero tolerance policy on bullying behaviour.
- We ask that all athletes be friendly, inclusive, helpful and respectful. Some age groups have athletes with special needs and it is our hope that our athletes embrace those less able or different so that everyone feels they can enjoy themselves in a safe environment.
- Please take a moment to remind your children prior to Friday that above all else we would like our athletes (and parents) to be kind.

First Aid

- There are two first aid kits available on the field on Friday nights. Tiny Tots have one on the top field and there is one at the end of the straight track. There is freezer in the Visitors room with ice packs should an athlete require one. For a nastier injury please make sure you see a centre official so we can address this straight away.

Safety

Please keep the following safety issues in mind on Friday nights:

- Shot Put/Discus and Javelin - ALL volunteers, spectators and athletes are to remain behind the athlete throwing – this includes Age Managers. No exceptions.
- Please be cautious when using mobile phones around the throwing events. There have been a few instances where parent helpers have been given the duty of measuring distance of the discus (so they are not protected by the cage) and have been on their phone whilst athletes were throwing and not watching where the discus was going.
- At the conclusion of the night when athletes receive their McDonald awards please collect your children from the collection point on the concrete near the scoreboard. **U6's and U7's will be announced over the PA to parents when they are ready to be collected.**
- We have had a few injuries in the past with athletes doing practice jumps over the hurdles. If they jump hurdles from the front there isn't usually an issue. When they jump them from the back of the hurdle this becomes a major trip hazard as the hurdle does not collapse. Please ensure your children are aware of this.
- Please encourage your children to stay off the high jump trailers and spare mats while they are at this event. We can't afford to have athletes risking injury on the equipment.
- Throwing events - athletes should not be practising with the throwing implements outside the designated circles/areas.
- Please encourage your athletes to always look before crossing any of the tracks and the long jump run ups. The circular track is of particular concern as we often have kids stepping out in front of competitors because they are unaware of what is being run at the time.

Please feel free to contact anyone from the committee with anything you need.

Thank you for joining and enjoy your Friday nights!

www.emuathletics.com.au