



# Gala Harriers

## Junior Members Charter

### Gala Harriers Athletic Club will:

Encourage and support all our member's in achieving their full potential within the sport of athletics.

Provide Coaching and training facilities in a safe and secure environment.

Provide competitive opportunities for all members, on both an individual and team basis at local and national levels.

Regularly communicate to all members their progress plus current and future club activities.

### Club Members will:

Arrive at training promptly, suitably prepared for physical activity.

Be courteous to their coaches and communicate any problems they may have prior to training starting.

Carry out to the best of their abilities all instructions and activities that the Coach(es) want in a respectful and timely manner.

Be courteous and respectful to their club-mates.

At all time when representing the club at competitions be courteous and respectful to all officials, helpers and fellow athletes.

Encourage and support their club mates in their training and competitions.

### Parents/Guardians of Junior Members are requested to:

Support the Club and the athletes in meeting the above objectives.

Support and encourage the athlete in achieving their potential.

Promote the sport of athletics in a positive manner.

### Discipline Procedure

Gala Harriers use a yellow/red card warning system to manage any discipline issues as follows:

**YELLOW CARD** - following minor breach of conduct e.g. not following instructions, distracting the group

**RED CARD** - persistent disruptive behaviour or one more significant incident e.g. swearing, pushing

If there is any further incidents following the above warnings parent/carer will be informed and asked to **ATTEND ALL SESSIONS** with their child and support a positive change in behaviour.

Our Welfare Officer is Jenny Forbes .She is at the track most Thursdays or can be contacted at [goodforbes@hotmail.com](mailto:goodforbes@hotmail.com)

Signed: Athlete \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent / Guardian \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_