

BOWRAL

LITTLE ATHLETICS



Club Handbook



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Welcome

Dear Parents & Carers,

Welcome to the 2020/2021 Little Athletics season, the 35th Season for Bowral Little Athletics. We are excited to have parents/carers, your kids and family join us for what is shaping up as a fun season. The following information has been put together to give you as much information about the Bowral Little Athletics Centre as possible before the season starts. There is a lot of information, but please take the time to have a read.

The procedural guidelines contained within this document have been developed to ensure Bowral Little Athletics can operate within the NSW Governments guidelines in relation to COVID-19 restrictions. The club has worked closely with NSW Little Athletics and Wingecarribee Council who have approved the club to commence the 2020/2021 season in October.

Whilst there are a number of changes to how the sport will operate this year, we ask for the support of our fantastic club community, that has been steadily growing in participation for a number of years. We all must work together and implement any changes instructed by either our association or the government as smoothly as possible.

Bowral Little Athletics are committed to working with parents/carers to provide the kids of our region the opportunity to participate and compete in a safe, friendly, and enjoyable environment. Remember this is kids sport and to be respectful to everyone and encourage sportsmanship. As we navigate the changes that we are faced with, we ask for your patience and support to ensure our sport can continue and thrive.

The club recommends all parents/carers, volunteers, spectators and officials download the Government's [COVID SAFE App](#)

If you would like to join our committee, discuss any of these changes or would like to volunteer, please call me or drop me an email at bowral.lac@live.com.au

Yours sincerely,

Peter Blake 0410 445 695

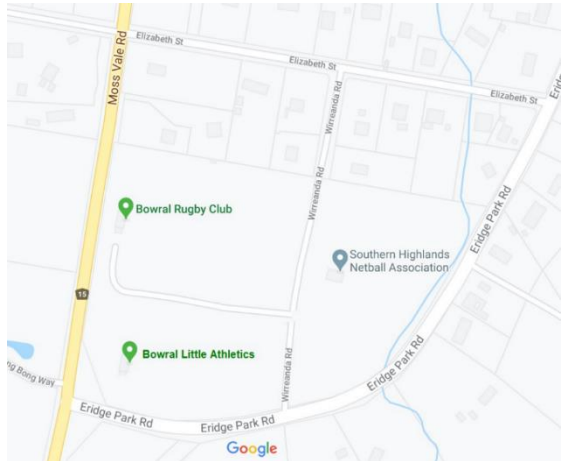
President - Bowral Little Athletics Centre

Find Us

Bowral Little Athletics Centre is located at Eridge Park Burradoo- You can access Eridge Park via Elizabeth Street Burradoo.

Bowral Little Athletics Centre is co-located with Bowral Blacks Rugby Club and Southern Highlands Netball Association and is owned by Wingecarribee Shire Council.

Please note there is to be NO Smoking or Drinking at Eridge Park Athletics facilities as instructed by Council.



Communication

The club uses Facebook and Email as the two main forms of communication. Please see all contact details below;

- Facebook- <https://www.facebook.com/BowralLittleAthletics>. This page can be relied upon to provide the club's most up to date information.
- Email- bowral.lac@live.com.au
- Webpage- <http://bowrallittleathletics.org.au/>
- SMS the club on 0406 811 142

We will use these platforms to keep you informed of current events, weather cancellations and any other important information.

2020/2021 SEASON

Club Night Dates:

- Commences: Friday, 9th October 2020
- Ending: Friday, 5th March 2021

Club Start Times:

- 4.45pm start for Tiny Tots
- 5.00pm start for U6 and U7 (Meet at 4.45pm to warm-up with your age group only)
- 5.30pm start for U8-U17 (Meet at 5.15pm to warm-up with your age group only)

Christmas Holiday Break:

- Last night before break: Friday, 11th December 2020 (Christmas fun night)
- Return from break: Friday, 15th January 2021

Club Night Cancellations

In the event of wet weather, smoke haze or extreme heat, the Friday night sessions will be delayed or cancelled. This information will be posted on the Facebook page by 4.00pm on Fridays.

Payments

Payments are made throughout the season for items such as uniforms, donations, and competition entry fees. If paying by direct deposit, please use your family surname as a reference and indicate what you are paying for if space permits.

The account details for any direct deposit are:

Bowral Little Athletics Club

BSB: 802101

Account Number: 100053043

Uniforms

All members of the club must wear a club uniform with registration number, as well as age patch and Coles patch sewn on. Uniforms can be purchased from the registration table at the shed. Please refer to the club's website for detailed information about the uniforms.

Pricing	
Singlets \$25,	Lycra Short \$25,
Shorts \$20,	Hoodies \$50
Crop Top \$30,	

Footwear

Appropriate footwear is compulsory for all athletes. Spikes can be worn from U11 upwards in laned events (100m, 200m, 400m) long jump, high jump and triple jump. Spikes must be removed immediately after each event and carried with the athlete. Spiked shoes are not necessary, however and generally only a small percentage of our athletes use them.

COVID-19

Bowral Little Athletics Centre has developed a COVID Safety Plan that has been approved by Little Athletics NSW. This safety plan is required to be fully implemented for the club to operate. The plan can be viewed on the club's website and Facebook pages. This handbook and event procedures reflects the requirements of the COVID safety plan.

What are the symptoms? Typical symptoms may include a fever, cough, runny nose, shortness of breath and in more severe cases, infection can cause pneumonia with severe acute respiratory distress. If an athlete, parent/carer, volunteer or official have any of these symptoms then attendance is not permitted.

How can athletes, parents/carers, volunteers and officials help prevent the spread?

Some simple measures significantly reduce the risk of catching COVID-19 and of spreading it:

- Clean your hands with soap and water for 20 seconds, or use an alcohol-based hand rub/sanitiser.
- Cover your nose and mouth with a tissue when coughing and sneezing or use your elbow, not your hands
- Avoid close contact with people unwell with cold or flu-like symptoms and stay home if you have these symptoms.
- Avoid touching your face and avoid shaking hands with others.
- Try to maintain a distance of 1.5 metres from others as much as possible and avoid crowded places.

What are your COVID-19 reporting obligations?

If you have been in contact with a confirmed case of COVID-19 or have COVID-19 symptoms, you are required to inform your local GP immediately.

Awareness & education

All volunteers supporting Bowral Little Athletics are encouraged to watch the following short (1:29) video produced by WHO, containing an overview of COVID-19.

<https://www.youtube.com/watch?v=1APwq1df6Mw&t=4s>

BLAC Covid-19 Initiatives

- To ensure compliance with the club's COVID safety plan- each *event hub* is to have a table with hand sanitiser and wipes available as well as COVID signage.
- The club's notice board which is located against the wall of the equipment shed will have COVID signage in place.
- A bin will be located at the equipment shed at each club night and will be disposed of as required.

Source: NSW Health, (16 April 2020), <https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#1-2>

Event Preparation - Volunteers

Club Night Volunteers

To help keep athletics enjoyable for all involved, **WE ENCOURAGE AND NEED YOUR HELP!**

The Bowral Little Athletics Centre is 100% volunteer run and the club requires the support of as many families as possible for club nights to run smoothly. Below are general jobs that need to be carried out at each club event-

- **SET-UP:** Event equipment is required to be collected from the equipment shed and taken to each event at each club night and training sessions. Volunteers that can assist the club on Friday afternoons prepare for events are welcomed. Please meet at the equipment shed from 3.30pm to assist.
- Equipment should be wiped down and cleaned before the first event commences.
- **PACK-UP:** At the conclusion of club nights, equipment from each event location should be taken back to the equipment shed for storage. Volunteers and athletes are encouraged to offer support.

Timers and Race Starters

The club is seeking volunteers to be available to learn and support the recording of times with the Automated Timing Gate system on the straight track and hand timed circle track events that are not automatically timed. We are also looking for volunteers to help with starting races. If any of these volunteer roles interest you, please contact the club, we need your support.

Age Group Managers

If you are a parent who would like to be an Age Group Manager, please contact us. We need each age group, male and female, to have its own Age Group Manager. This role can be shared from week to week depending on who is available. An age group will not be permitted to begin competition unless enough parents are on hand to either age-manage or assist their child's group. You do not need to have an athletics background. We have a committee of people on the field every week who can help.

The role of the Age Group Manager during club nights is as follows:

- Arrive 15 minutes before start time for briefing
- Check each child is signed in and wearing correct uniform
- Know the whereabouts of any parent/carer.
- Follow the Bowral COVID Safety Plan
- Assist children with basic techniques
- Take the group from one event to another and coordinate parent helpers with jobs such as time-keeping, measuring, and recording.
- Ensure all equipment is clean and accounted for and packed away tidily, ready for the next group
- Ensure that correct throwing weights are being used
- Return the recording folder to the registration table at the shed at the completion of your age group's events.

Age Group Assistants

Parents can also help with measuring throws or jumps and timing races. You do not need to have any specific athletics knowledge for these. If you are unsure of anything, your Age Group Manager or any committee member can assist.

Event Competition

Athletes and their parents/carers are to follow the below procedures when arriving to compete on club nights –

1. Club night arrival

Upon arrival, athletes are to proceed directly to their age group meeting point which will be spread out on the track see picture (please observe social distancing). Note- to comply with the club's COVID safety plan, whole of club briefings at the start of events will not occur until further notice.

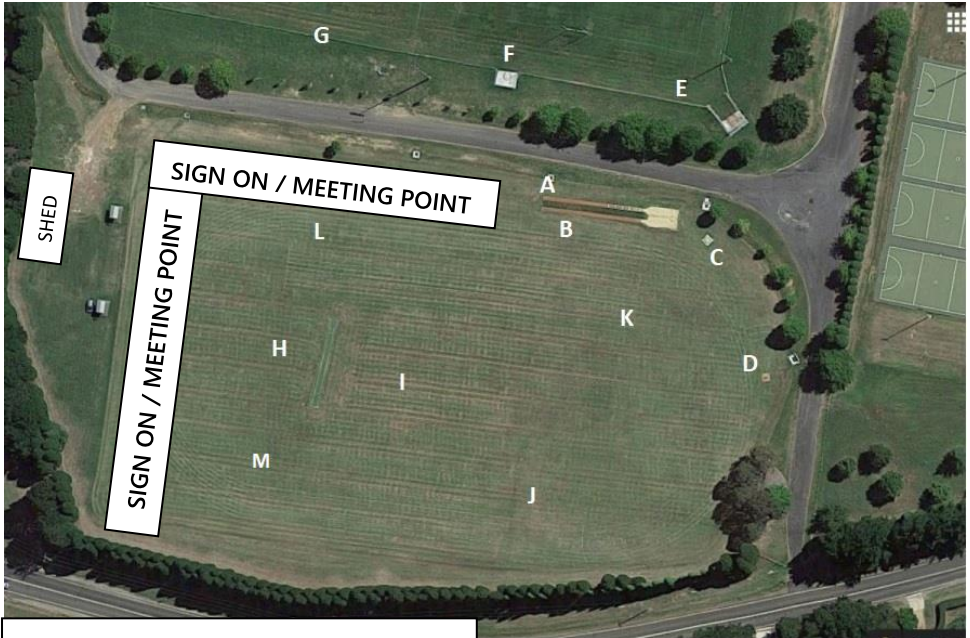
- Athletes are to line up at their age group meeting point which will be clearly marked.
- Parents are to sign the attendance register which will be located at each athlete's age group meeting point. Children must be signed in by a responsible person each week before they can begin.

Please do not drop your child/ren off and leave. Parents and/or guardians are required to stay at the ground with their child/ren and are asked to actively participate in the running of events and to be available to manage any behaviour or medical issues that may arise with their child.

2. Movement between events

Athletes are to stay with their age group during club night competition. Support for other age groups and athletes is still encouraged whilst observing social distancing. Spectators are asked to avoid gathering in large numbers at each event.

Meeting Points & Event Locations



Meeting Points & Event Locations

A- Triple Jump
B- Long Jump
C- Shot Put #1

D- Shot Put #2
E- Discus #1
F- Discus #2

G- Javelin
H- High Jump #1
I- High Jump #2

J- 200m
K- 50m, 70m, 100m, hurdles
L- 400m, 800m, Walk
M- 700m, 1500m 300m,

Event Management

The below information provides an overview of how the club will manage club nights to ensure athletes are kept active and engaged and so events can run as smoothly as possible -

Age Managers

Upon arrival, Age Managers should go to their Age Groups meeting point to collect their age group folder that will include- attendance register, event schedule/record sheet and other club night information. For consistency in communication, a checklist will be provided to each age manager to discuss with their age group. Age Group Managers are asked to wipe down the event table on arrival at each event, ask athletes to sanitise their hands at the start of each event and wipe down shared equipment where necessary.

Track Events

Generally, a separate track event will be run per age group for both boys and girls. Where athlete attendance permits, age groups or boy and girls' events may be combined.

- 50m/70m/100m/Hurdles- these events will be timed via the automated gates (see separate set-up instructions). Where multiple age groups are waiting for their event, social distancing is required between age groups and athletes.
- 200m/300m/400m/500m/700m/800m/1500m/Walk- these events will be timed via a single time clock (multi-timer), located at the finishing line of the event. The nominated starter will be located at the starting line of the event. Where multiple age groups are waiting for their event, social distancing is required between age groups and athletes.

Field Events

Separate field events will be run per age group for both boys and girls. Club nights will be scheduled to try and avoid age groups queuing at field events. Age groups should not proceed to their next event if another age group is still in competition.

- High Jump- the age manager will record all results. Volunteers are required to support the age manager with height bar movement.
- Long Jump/Triple Jump- the age manager will record all results. Volunteers are required to support the age manager with raking and measuring
- Shot Put- the age manager will record all results. Volunteers are required to support the age manager with shot put collection and measuring.
- Discus- the age manager will record all results. Volunteers are required to support the age manager with discus collection and measuring.
- Javelin- the age manager will record all results. Volunteers are required to support the age manager with javelin collection and measuring.

Athlete Participation

Parents/Carers are asked to support their children to compete safely and observe the following:

Water Bottles

- Athletes are required to bring their own water bottle (with their names marked on the bottle). The sharing of water bottles is not permitted.
- Athletes will be required to carry their water bottles from event to event.

Food

- On advice from NSW Health and Little Athletics NSW, athletes should not share food. Athletes are permitted to bring their own food as required and utilise the bins provided.
- Athletes will be required to carry their own food from event to event.

Equipment

- Field event equipment will be available at each *event hub* and is shared between all athletes- shot put, discus and javelin. The equipment will be cleaned before each event. Age Managers and volunteers are required to wipe down equipment at the start of their events.
- Hand sanitiser and wipes will be available at each *event hub*. Athletes are to sanitise their hands before using the equipment.

Spectating

Little Athletics NSW have imposed a 1 parent/carer limit per athlete (Volunteer Parents excluded from this limit). Spectators have two options for spectating at BLAC events:

Spectating from your vehicle

- There is good visual access from most of the permitted parking zones.

Spectating at each *event hub*

- BLAC recognise the importance of supporting athletes during competition. When spectating, please observe social distancing requirements and avoid grouping.
- Before proceeding to the next event, please ensure the *event hub* has been vacated. This will help avoid large numbers of groups co-mingling.
- To assist each event run smoothly, spectators are encouraged to volunteer and assist run events.

Results, Recognition & Awards

Children are to be encouraged to always do their best and to aim to better their previous achievement in each event i.e.- their PB (Personal Best). Photos of your child can also be posted on the club's Facebook page from club night events and when they have achieved a PB or excelled in a competition. We normally award medals at our annual presentation for all athletes who have achieved a particular number of PBs over the course of the season. See our website for finer details of awards available.

Our club presentation for the 2020-2021 season will be held at the conclusion of the club season. The date and venue will be confirmed via Facebook in the second half of season.

Electronic Timing Gates

The Electronic Timing Gates is used for the straight track events and the times are uploaded automatically onto the Results HQ system and individual results can be viewed by logging onto the system (see below on how to log on to the Results HQ system).

Please note - The Electronic Timing Poles are an expensive and sensitive piece of equipment. There are 4 laser beams that run between each pole. These must stay in alignment to work properly. It is especially important to keep children from touching the poles or running through them when they are not racing.

The Results HQ System

At the end of each competition night, all results from the results folders are entered into the Results HQ system by some dedicated parents. Families are able to log on and view their individual results. Please follow these steps to log on.

TO VIEW YOUR CHILDREN'S RESULTS ONLINE

- Go to www.resultshq.com.au
- Type in the email address you used when you registered for Little Athletics
- Press "forgotten your password"
- An email will be sent to you with your password.
- Log onto www.resultshq.com.au again and enter email address and password.

For events using electronic timing equipment, results will be entered automatically and instantaneously. For all other results it may take a few days for the data entry person to type them in, so please be patient.

Traffic Flow

Athletes, spectators, and event organisers are to follow the below procedures when entering and exiting Eridge Park-

Arrival

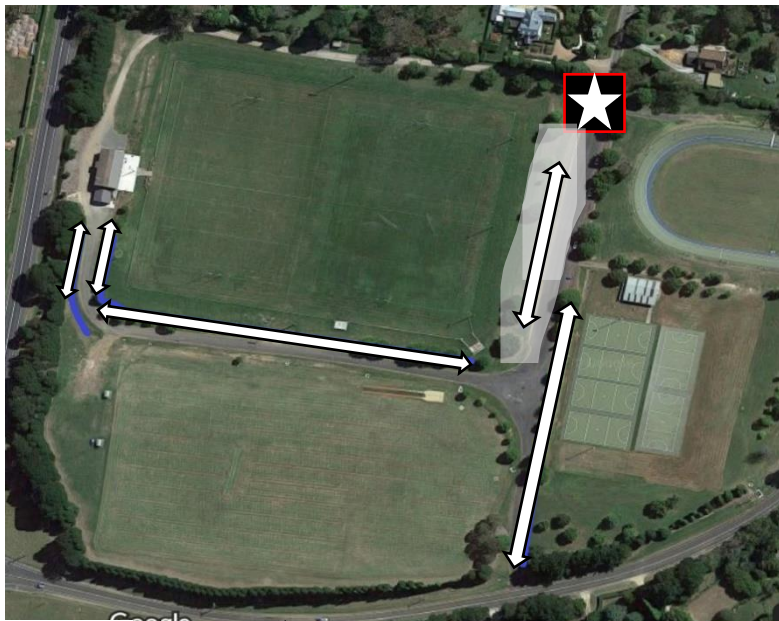
- Vehicle access will be via Elizabeth St and entry via the main gate.

Parking

- Parking is permitted within the zones allocated on the below plan. Please do not double park. Ample parking is available within the permitted parking zones.
- Please avoid gatherings around parking areas.

Exiting

- Vehicle exit will be via the main gate onto Elizabeth Street
- Please be mindful that events at this venue involve children. Please be alert to pedestrians on the internal roads and parking areas and observe the speed limits.



Parking

Entrance / Exit



Bathrooms & Hygiene

Bathrooms are available during BLAC events and are located on the sideline of the Rugby field.

The bathrooms will be unlocked before athletes arrive and will be locked at the completion of club nights. Wingecarribee Council are responsible for routine cleaning. However, BLAC volunteers will spot check as required and ensure soap and paper towel is available.

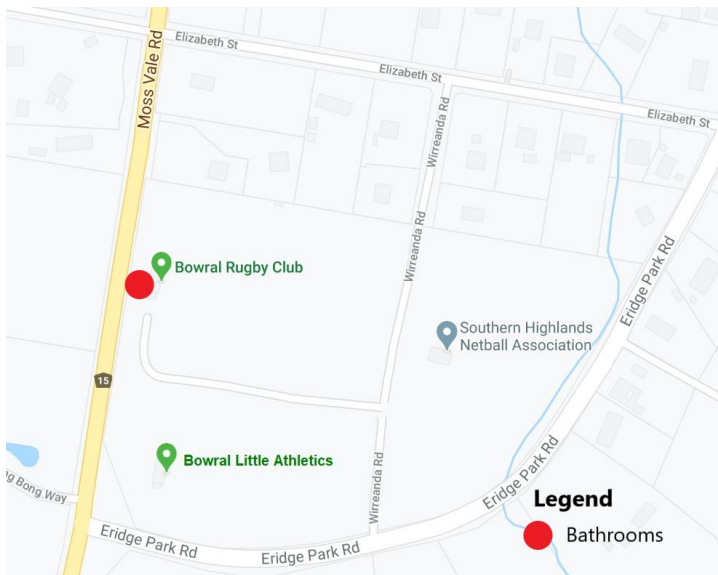
Using the facilities

Separate Male and Female bathrooms are available for athlete and spectator usage. The location of these facilities can be found on the below plan and the maximum number of people that can occupy these spaces will be signposted at each BLAC event.

Soap and hand towel will be available in each bathroom. Please follow the NSW Health handwashing recommendations.

Children are to be accompanied to the bathroom facilities by a responsible adult.

Showers and change rooms are not available for use at the Eridge Park venue.



First Aid

A trained first aid officer will be available at each BLAC event. A list of trained First Aid Officers will be signposted on the club's notice board located at the equipment shed.

If medical attention is required by an athlete, spectator or volunteer, the trained first aid officer will assess the incident and if required, contact emergency services.

Training

Training sessions are held most Sunday mornings 9am-11am during the season. We will also be looking to offer on occasion Tuesdays and Wednesdays afternoons leading up to carnivals if these go ahead. Please check our Facebook page for confirmation from week to week. Volunteer parents who have attained Community Coaching (Level 1) and Intermediate Club Coaching certificates (Level 2) run these sessions.

The aim of these sessions is to improve overall fitness of the children, practice skills and have fun.

All registered members of the Bowral Little Athletics club are welcome to come along. There is no cost.

Fundraising

For the 2020/2021 season we have several fundraising initiatives planned. Please be advised that none of these initiatives are compulsory but we would love your support in generating funds to help us purchase new equipment and cover the running costs for our club.

- Chocolate box- we are seeking your support to help sell Cadbury chocolate boxes in your neighbourhoods, workplaces, schools etc. Please contact the club if you are able to support.
- Equipment Drive - the club has a dedicated fundraising webpage to help raise funds for equipment. Check out the club's fundraising page at <https://asf.org.au/projects/bowral-little-athletics-centre/> and share within your own network and business contacts.

Other fundraising events to be announced throughout the season.



Championships & Carnivals

Little Athletics NSW runs a variety of Championships and Carnivals. All information can be found on their website www.lansw.com.au/championships/

Due to the Covid-19 restrictions the championship season is going to be very different this year so please keep an eye on our Facebook page for updates as they are provided by our association, LANSW.

The State Relays, Zone and Region Championships will not take place.

Alternatively, LANSW are planning a number of State Qualifying meets to be held in the early part of 2021, most likely, February and a State Championship Event to be held in March 2021. We are waiting for LANSW to provide full details of these events.

The State Combined Event is set to be held at Beaton Park, Wollongong on 6 & 7 March 2021. Details to come.

Committee

All Committee members support the club and athletes on a volunteer basis. The Committee welcomes your support in the running of the club. Please contact the club if you are able to volunteer. Email bowral.lac@live.com.au

Current Executive Committee Members

President – Peter Blake

Vice President – Kath Dumas

Registrar & Public Officer – Andrea Reko

Secretary – Katie Blake

Treasurer – Amanda Rafter

General Committee Members

Coaching & Development – Mark Harris

Covid-19 Coordinator & Weekly Results Recorder – Mick Cooney

Fundraising – Kelly Cooney

Grants Liaison – Daniel Hewson

Tiny Tots Manager – Georgina Schofield

Race Starter – Mark Shakeshaft

Cecelia Marmont

Daniel Marmont

Justin Reko

Angelo Stravoskoufis

Justine Halligan

"Little Athletics NSW aspires to provide the community with recreational athletics activities that contribute to the healthy development of our children.

Fun - Fitness -The development of skills -The building of character and self esteem-The fostering of good sportsmanship in a safe, positive, family-friendly and inclusive environment."

RUN, JUMP, THROW
WITH BOWRAL LITTLE A'S

Sprints

Middle Distance

Hurdles

Long Jump

Triple Jump

High Jump

Discus

Shot Put

Javelin

Walks