



WESTBURY HARRIERS

FOUNDED 1924

President: DAVID PERKINS

Lady President: PATRICIA GALLAGHER

Olympic, World, Commonwealth Games, United Kingdom, Great Britain, English, Scottish, Welsh, Irish and New Zealand International Honours

Reception Parents Guide

Introduction

Reception groups are for young athletes between 7 and 11 years of age who wish to develop their running fitness hopefully with the aim of moving on to the clubs junior section and also competing at the various events that the club supports.

Group Structure

The Reception section at the club has been split into three running groups. The three groups will normally consist of between 10 and 15 young athletes. The groups are split by ability and the aim is to move the young athletes up or down through the system as they develop. The Reception section at the club runs in term times only - linked to Bristol City Council school terms. New members will only be accepted at the first session of each term unless by prior arrangement with the group coordinator reception@westburyharriers.co.uk

We are aiming to have stable groups for each term

The cost of running is £5 per term payable at the start of each term. This is in addition to the club membership fees. All children who are new to the club will be expected to join within the first term if they intend to continue running with the club.

Group Leaders and Helpers

The groups are led and supported by volunteers who give up their time to help the groups to run. The group leaders are required to have a Leader in Running Fitness qualification (including the CRB/DBS check) or equivalent and to follow the clubs guide for Reception Group Leaders and Helpers. Children will be expected to follow instruction and behave in an appropriate manner at all times. These groups are very popular and any child who persistently causes issues will be asked to stop attending these sessions, this includes children who make no attempt to improve or who generally fail to apply themselves to the sessions. This is because children who misbehave or choose to persistently walk disrupt the groups and prevent enthusiastic children from enjoying the clubs sessions. They also make the volunteers roles particularly challenging which is unfair to them and unacceptable to us as a running club.

Any parent who would like to volunteer to help with running the groups is welcome to get involved. This could be leading or helping with a group or managing the registers and/ or managing the termly payments and liaising with the membership secretary. If you are interested please get in touch with Warren Pickles reception@westburyharriers.co.uk

Running in a group

The sessions are on a Monday night, starting at 7pm and finishing at 8pm. Please aim to have your child at the club and signed in before 7pm. We will make every effort to get the children back to the clubhouse for 8pm.

Children should make themselves known to whoever is taking the register for their group. Parents should ensure that the emergency contact details on the register are accurate and up to date. If we do not have emergency contact details then children may be prevented from joining in the group runs.

Children must wear hi-viz clothing when running in the dark. Hi-viz vests are available for children to use free of charge if they do not have their own.

We do have a small number of headtorches for the children but if your child prefers to wear one it is preferable that they use one of their own if possible.

Children must behave and follow instruction, this is particularly important when we run on the pavements during the dark winter months.

The children's sessions will include a warm up, a run and a cool down and stretching session. As we settle in to our group set up we will increasingly include technique elements to improve balance and coordination.

With our groups we aim to have a minimum of one adult helper for every six children running. If this is not achieved then running will be limited to the sports fields where the ability to manage the group is enhanced.

Please ensure that children have appropriate clothing for the weather and that they have eaten appropriately i.e. not too much or too close to the session start. We would have expected them to have eaten something nutritious between their school day and the running session.

If you have any questions or concerns about your children running with our Reception Groups please contact the Reception Group Coordinator – Warren Pickles - reception@westburyharriers.co.uk

Thank You for your support and I hope the children enjoy their running.