



## **CLUB COMPETITION DAY FACT-SHEET**

WHAT TO BRING ALONG	SUN SCREEN, A WATER BOTTLE and SOME HEALTHY SNACKS. The facility has a commercial canteen located at the aquatic centre. Our club has a SunSmart policy, and we ask that you please ensure sunscreen is applied to all your family.
WHAT TO WEAR	CLUB UNIFORM or SHORT SLEEVE SHIRT. COVERED IN SHOES (JOGGERS OR WAFFLES). Covered in shoes for parents also. HAT (BUCKET OR WIDE BRIM PREFERRED)
WHEN TO ARRIVE	AT LEAST 10mins BEFORE THE EVENT START TIME.
IT'S BEEN RAINING	We usually decide if the club day or event is still going ahead with by 10am of the club day. Any cancellation announcements are placed on our Facebook page or call our mobile to hear a message 0466 383 190 (after 10am).
CAN I LEAVE?	We are not a STOP, DROP and GO club. All athletes under 15yrs must have a parent or guardian present during the day and be willing to assist in event and club duties.
WARM UP ACTIVITIES	We recommend athletes conduct warm up activities such as light jog or walk and stretching activities prior to the club day commencing as this will help their bodies prepare for the physical activity they will undertake and help in the prevention of sore muscles and reducing the risk of an injury.
EVENT SET UP SAFETY	Athletes are to be aware that setting up for the club day is given priority and the field of play (inside the fence around the track & field areas) may not be available for warm up activities until this is complete. There is to be NO THROWING OF IMPLEMENTS before the start of the club day.
CLUB DAY START	At the scheduled start time, all athletes, parents, and carers are to stop warm up activities and a Committee Member will make any necessary announcements about the day's events or upcoming matters and present athletes with weekly awards etc. Athletes will be marshalled into their age groups on the track. An Age Marshall is needed for each age group.
WHAT IS AN AGE MARSHALL	Age Marshalls will lead the age group and ensure the smooth running of their group at the days designated events. They will take the group from one event to the next and they will call on other parents/carers to assist with tasks that are required to be done at each event.
FOR YOUR SAFETY	Please ensure you look both ways when crossing the track to ensure no race is in progress. Please also keep in the event area and when moving to another area, use the fence perimeter and ensure there is no danger from other events in progress. DO NOT CUT ACROSS THE FIELD, WALK AROUND.
HOW CAN I HELP	Usually parents and carers move around the grounds with their child's group to watch them participate in the day's events. This is where we need your help by assisting in the various tasks that are essential for each event. These tasks include, but are not limited to: Electronic Results Entry (Via Tablet), Manual Results Recording, Measuring, Raking, Race Start and Finish Line checks, etc.
I DON'T KNOW THE RULES	Usually someone in the age group will know the basic rules that apply to each event and will explain this to those assisting. An easy to read and understand rules handbook is available to help athletes and parents/carers know what to do and look out for. If you are still unsure, a club official will be more than happy to clarify anything for you.
CONCLUSION	Events usually finish between 4.00pm and 5.00pm. Remember to assist in any pack up duties and ensure your child collects their results card for the day's events.