

# BDLAC PARENT/CARER INFORMATION

## PARENTAL SUPERVISION POLICY

It is a requirement of BDLAC that **a parent/guardian must remain at the Centre with athletes on all training sessions and competition nights**. Under no circumstance (regardless of their age) should an athlete be left at the grounds unattended. We are not able to administer medical assistance without the permission of the athlete's caregiver.

## AWARD ELIGIBILITY

Each athlete will receive at least one trophy at the end of the season providing attendance and parental assistance criteria has been met.

The athlete must attend and participate in **at least 70% of Friday competition nights** during the season. This is including returning to at least 4 competition nights following the Christmas break. Attendance is officially recorded when an athlete participates in a minimum of 3 events on a competition night. The attendance requirement may be considered for exemption by the Centre Management Committee in the event of long-term illness/injury. A parent/guardian must communicate in writing to BDLAC, with any supporting evidence of the absence, to be considered for exemption.

The athlete's family **must have worked a minimum of twelve times** throughout the BDLAC season. This requirement may be reduced for those who register later in the season. The Centre Management Committee must be notified in writing if a family anticipates they will not be able to meet this requirement, along with any supporting evidence. Depending on circumstances the Committee **may** decide on a revised number of nights for the family to meet. Help nights also include helping BDLAC at events outside of our Friday Competition nights eg. Sausage sizzles, LAQ competitions.

Athletes must be a full financial member to receive a trophy.

## PARENT HELP REGISTER

Officials and Marshalls **MUST** register their athletes name and athlete's registration number with our Volunteer Co-Ordinator prior to the start of competition. In the event of arriving late and you wish to help, a task can still be found for you. Please ensure you register your name and athlete registration number otherwise there will be no record of your assistance. It is the responsibility of the helper to ensure the family name and registration number is recorded correctly with the Volunteer Co-Ordinator before commencing allocated duties.

## AGE MANAGERS

The Age Manager has one of the most important roles in Little Athletics. You are responsible for caring for and nurturing our young athletes. Your role is to provide a supportive environment in which athletes can learn and develop. An athlete's enjoyment of the sport will depend upon their experience at our Centre and you have the ability to ensure that this experience is a positive one. We appreciate that Age Managers are volunteers and we thank you for taking on this significant role. Here are a few tips to help you along the way. The Basics for Being a Good Age Manager

- The number 1 thing for an Age Manager to remember is that you must MAKE IT FUN. These 3 words contain possibly the most important piece of advice that can be given to an Age Manager. Make sure that you and the parents are also enjoying yourselves.
- Ensure that you are well-organised and promote maximum participation. Keep the athletes busy! Do not however 'force' any athlete to take part in an event.
- Focus upon the athlete's efforts and individual performances rather than the overall outcome of the event. In Little Athletics, a personal best is more important than a first place!
- Ensure that all athletes receive equal time and attention. Praise all achievements.
- Be fair, considerate and honest, and be a positive role model.

### Tips for Effective Supervision

- Ensure that all children are within sight and/or hearing at all times, preventing activities from going on behind your back. If the group is too big, ask for assistance.
- Never leave the group unattended and ensure that children know that they should never leave the group without letting you know.
- Move around purposefully. Don't remain static. Be mobile, visible and involved.
- Acknowledge good behaviour with positive messages e.g. compliment the group if they organise themselves quickly; positively reinforce a participant who is paying attention.
- In the case of misbehaviour, an effective verbal reprimand showing a 'no nonsense' approach may be all that is needed. Such a reprimand should be clear, calm, firm, not harsh or a put down.

As stated earlier the role of Age Manager is an important one, but it also can be one of the most rewarding roles in Little Athletics. If you need help or assistance, please remember to ask. It is a requirement that no athlete be left on our oval on their own during the night therefore there will be lots of parents/caregivers around. Please ask for their help. This will ensure the smooth running of your age group. Most of all - make sure that you and the athletes have fun!!! If you feel that you would like to help out in this role, please contact a member of the committee.

# LITTLE ATHLETICS CODE OF ETHICS

Little Athletics is primarily a fun activity for young children who wish to participate in healthy competition with their friends. To benefit our athletes, the code of ethics has been put into place and every person, adult or child is expected to adhere to it:

- Do not criticise, abuse or scream at athletes.
- Accept decisions of all officials or referees as being fair and ruled upon in an impartial manner.
- Support other athletes in their endeavour to achieve the best they can.
- Encourage children in a positive manner as development is not the same in all therefore, some children may take time to show ability or improvement.
- Bear in mind all committee and helpers are volunteers giving up their time to help run our Centre.

## PROHIBITIONS

The following are prohibited on the Sandstone Point Oval during competition times:

- Parking of cars; except for the Canteen Convenor or Committee members performing maintenance or towing of equipment
- Dogs
- Smoking: Qld Government policy prohibits smoking within 10 metres of any competition or spectator areas during any competition. Therefore, smoking is prohibited at the Sandstone Point Oval and spectator boundaries.
- NO Alcohol/drugs is permitted to be consumed within the BDLAC boundaries
- Riding of bikes/scooters
- Throwing stones or any other projectiles, including any equipment e.g., javelin, shot put or discus when not supervised
- Crossing the track whilst an event is in progress
- Abusive language will not be tolerated by any athlete or parent at any time

## Links to more Handy Information

[LAQ Parents/Volunteers Role](#)



[Uniform Patch Instructions](#)



[LAQ FAQ's](#)



[LAQ Comp Dates](#)



[McDonald's Achievement Levels](#)

