



## **Guidelines for Junior Members of the Bunbury Runners Club Inc.**

### **Purpose:**

The Bunbury Runners Club Inc. (BRC) provides junior members with regular opportunities to improve their health and social wellbeing (through organised running and walking events and supplying a supportive, engaging environment). This fostering ethos allows our junior members to grow their skills and confidence, whilst providing an environment in which they can progress their ability, always mindful that children develop at different rates.

### **Age of a BRC Junior**

- Turning 7 years of age before 1<sup>st</sup> September of the current membership year and under 16 years of age.

### **Run Program**

- Will coincide with the 4<sup>th</sup> and 1<sup>st</sup> Western Australian school terms.
- There is NO winter program (i.e. school term 2 or 3).
- During school holidays there will be NO BRC junior program available to juniors.
- During school holidays and terms 2 and 3 – parents/guardians will be present to care for their children for the duration of any running activity / social engagement.

### **Junior run program:**

Will align to the BRC running calendar (<https://www.bunburyrunnersclub.org.au/calendar/>)

### **Duty of Care**

#### **Bunbury Runners Club:**

- BRC Club rooms and recreation oval are available for supervised junior members to use on specified BRC run days.
- Operates on a volunteer basis and as such, encourages junior members to actively support the club's events, programs and general running and adhere to the policies and procedures adopted by the club.
- The President of the BRC will sight all Working with Children Checks on an annual basis.

### **Parents:**

- Parents/guardians must register all juniors. For more information go to the 'members' area at <https://www.bunburyrunnersclub.org.au/>
- It is expected that a parent/guardian of the junior be present during the BRC Juniors program for ALL children under the age of 12.
- Parental/guardian permission is required for juniors from 12 years of age (as of 1<sup>st</sup> September) when running with the seniors in BRC club night 10km events. Juniors will be considered PART OF THE ADULT competition and relinquish 'access' to the junior competition.
- BRC strongly encourages parents and guardians to familiarise themselves and provide explanation to their junior, on the guiding principles for running 'safely' for age found at the International Association of Athletics Federations (IAAF). In particular maximum distance run on a single occasion; frequency of running; total weekly distance, and recovery for age.



- Parents must complete and sign the following form(s) to participate safely and with supervision in the BRC juniors (and give it to the Junior leader (or delegate) or a BRC committee member).
  1. Picking up dropping off children – parent guidelines (see attached)  
<http://www.playbytherules.net.au/resources/templates/drop-off-and-pick-up-of-children>

#### **Junior Program Leader:**

- Junior program leaders (and all senior members who have considerable contact with juniors) will,
  1. hold a current Working with Children Check (WCC) and
  2. Have skills and interest in planning and delivery of programs suitable for the growth and development of juniors.

#### **Juniors:**

- All young people have a responsibility to practice fair play by:
  1. Participating fairly, safely and in the spirit of BRC
  2. Cooperating with the program leader, members, public and fellow runners
  3. Accepting decisions without disagreement
  4. Acknowledging the performance of other runners
  5. Signing in via the BRC computer located in the club room, to register weekly attendance.
- Juniors over 9 years of age may run with the seniors on club night events with prior permission from their parent / guardian and approval from the junior coach (or delegate). All juniors must follow the designated run route and be within the group of runners of the club. Parents/ Junior's leader will (assist in) escorting juniors across any roads.
- From 9 years of age juniors may run a nominated 2.5km loop within the 5km or 10km BRC club Handicap and Championship events, they may also participate in the 3km Club Championship events (see criteria under Parents). *Juniors must be deemed competent to run the Handicap and Championship route by the Junior's coach (or delegate).*

For the Australia Day Fun Run/Walk; Women's Fun Run/Walk; Father Day Fun Run/Walk; 3Waters Running Festival – Bunbury Runners Club uses the below minimum age as a one off

- Under 9 years up to 3km
- 9-11 years up to 5km
- 12-14 years up to 10km
- Half Marathon – 15+ years
- Full Marathon/Ultra distance – 18+ years

Bunbury Runners Club requires parental/guardian consent/responsibility when entering juniors in events

**References:**

International Association of Athletics Federations (IAAF) [www.iaaf.org/about-iaaf/documents/health-science](http://www.iaaf.org/about-iaaf/documents/health-science)

Junior Sport - *Department of Local Government, Sport and Cultural Industries, Government of Western Australia* <https://www.dlgsc.wa.gov.au/department/publications/publication/junior-sport>

Play by the Rules <https://www.playbytherules.net.au/>



Bunbury Runners Club Inc.

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PICKING UP AND DROPPING OFF CHILDREN

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**Our commitment**

Our club is committed to providing a safe environment for the participation of children and young people. Part of this is ensuring that children and young people are not left alone after practice or games.

**What we will do**

- Make sure parents/guardians and children know the time and location of practice and games and when they can expect to collect their children.
- Request coaches and other sporting personnel to arrive before scheduled practice or game times.
- Give coaches a register of parent/guardian emergency contact numbers and make sure they have access to a phone.
- Ensure that if parents/guardians are late, coaches will try to make contact with them and:
- Get parents/guardians to collect their children from the club room (e.g. if there is a club room where other people will be).
- Avoid transporting children to their homes unless permission has been given by parents/guardians.

**What we ask you to do**

- Pick your children up on time or make other arrangements.
- Inform the Junior Leader about any changes in arrangements for picking up your child.

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I, <INSERT YOUR NAME> have read and understood the policy and will abide by it as a member of Bunbury Runners Club

Signature:

Date:

If under 18 years of age, parent/guardian:

Signature:

Date: