

# HOLLAND SPORTS AC

<http://www.hollandsportsac.org.uk>

## A FEW IMPORTANT CLUB RULES

The club does have a written constitution which lists all the rules of attendance but rather than include this document we would like to highlight a few of the important rules that last summer we felt weren't clearly understood by some of our more junior members:

- Children left at the club without parental supervision need to remain within the track perimeter unless involved in the supervised cross-country run. Children may not participate in cross-country training until the consent form is signed and returned.
- Food - Any food (sweets in particular) cannot be eaten during the session.
- Drinks - all children should attend with a bottle of water throughout the year.
- We recommend that long tracksuits be worn as the track is a rough, hard landing and during the winter legs should be covered to prevent muscle strains.
- It is essential that children arrive on time to participate in the warm-up at the start of each session; failure to do so may lead to muscle strain especially during the winter months. Please arrive in time to sign in before your warm up.
- A snack before training would be most beneficial but should be consumed no later than 2 hours before. i.e. 5pm. It is best if this contains easily digested foods such as pasta, many children find a banana also a good source of energy.
- Any mobile phones that are brought to training should be handed in to a coach at the start of training - so they do not become a distraction.
- To comply with Health & Safety, your membership card should be brought each time to training, failure to do this on a regular basis, will unfortunately mean that parents/guardians will be asked to collect you from training.

The **Child Protection Officer** for Holland Sports is **Ann Miles**.