

## Whitemoss AAC Welcome Pack



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## Club history and introduction

Whitemoss AAC, affiliated to Scottish Athletics in August 1990, was founded by Tommy Walters Snr in 1990 with around a dozen athletes and the membership has grown in size to over 200 athletes, parents and coaches involved today.

The club encourages participation of members in all aspects of athletics by developing athletes of all abilities through coaching and participating in all levels of competition.

From under 9 to Masters athletes we aim to develop athletes in all the athletic disciplines where the facilities are available.

Our athletes compete at national and international competitions in both para and non-para categories.

Our coaching programme includes Track and Field disciplines, Cross Country and road running. We welcome new members and offer introductory sessions to both new members and their parent or guardian where the new member is under 16.

<https://www.whitemossaac.co.uk/news/3> *Chairman's comments*

## Club Organisation, affiliation and volunteers

The club is run by an unpaid Committee of volunteers and Trustees. Elected posts are confirmed at our AGM after the end of September each year along with an annual review of the Constitution

All WAAC coaches are unpaid volunteers who have obtained a UKA coach licence by attending Coaching Courses offered initially by Scottish Athletics. All qualified coaches and any other volunteers involved with the club have been registered with the CRBS (Central Registered Body in Scotland). The club also has a child protection policy and has appointed 2 Welfare Officers nominated and trained to be directly responsible for child protection. It is our aim to make the development of athletics both safe and enjoyable.

Whitemoss AAC is affiliated to Scottish Athletics, the governing body for athletics in Scotland who develop, control and safeguard the sport of athletics in Scotland. They also promote competition on a regional and national level while taking responsibility for developing athletes for all athletics teams representing Scotland and the United Kingdom in international competition.

Whitemoss is a big club and still growing. To support our current athletes and to welcome new athletes from our waiting lists we need more coaches, officials and helpers.

The variety of roles and help required range from Coach and committee duties to one off projects or once a year events that only require 2 or 3 hours help. If you have any time to spare or even any skills or knowledge that would assist the club let the Club secretary and the Membership secretary know and we will add it to our skills log.

**Contact Email—<[secretary@whitemossaac.co.uk](mailto:secretary@whitemossaac.co.uk)>;**



## Membership (Online sign up), Communication and Data Protection

### Membership

Our online membership for the club will have an up to date list of all email addresses which will be used for improving club communication, so if you have not registered yourself as a coach, official or a committee member you will miss out on lots of important communication.

The club will require parent / legal guardian permission for members under the age of 18 years for them to compete and also to travel with the club for competitions away from home.

For all club members to register...

<https://paysubsonline.com/Registration/1A8677036CC2F3F48BCF345E00469E54.html>

### Membership Login Link

<https://paysubsonline.com/Login/1A8677036CC2F3F48BCF345E00469E54.htm>

### Website, Forum and Facebook

Our new website is full of information about the club and also includes a members forum. Please register to access all the news and information.

We also have a Twitter feed and our main line of communication ...our often used Facebook page

Whitemoss website <https://www.whitemossaac.co.uk/>

Twitter <https://twitter.com/WhitemossAAC>

Whitemoss Public Facebook <https://www.facebook.com/groups/149654987751/>

### Data Protection

The Data Protection Act (1981), requires that you be informed that your personal details will be held on our computer database and will only be made available to club officials. Please update and comply with Data Protection requirements of club membership.

## Coaching, Training and Code of Conduct

### Coach development

The club supports and develops coaches who wish to progress through a pathway of coaching qualifications. The training courses take the form of workshops and practical demonstrations offered by Scottish Athletics educational arm. These workshops are supplemented with regional and national development days where high performance coaches work with some athletes and their coaches.

New assistant coaches are often paired with experienced coaches and only progress through coaching levels if they wish to do so.

### Training nights and venues

John Wright Sports Centre East Kilbride	All Groups	Monday 6pm to 8.30pm	Thursday 6pm to 8.30pm
Ravensraig Sports Centre, Motherwell	Combined Events		Thursday 6pm for &.30

### Training groups @ June 2018

<b>Age Group</b>	<b>Age criteria and Lead Coach</b>
Under 9	Barry Connal
Under 11	Cathy Robertson
Under 13	Morag Craigie
Under 15	Gary Began
Under 17	Simon Wroe

<b>Event groups</b>	<b>Lead Coaches</b>
Sprints	Eddie Kelly
Combined Events (2)	Alan Forbes and Iain McEwan
Endurance	Willie Sutherland
Jog Scotland	Willie Sutherland

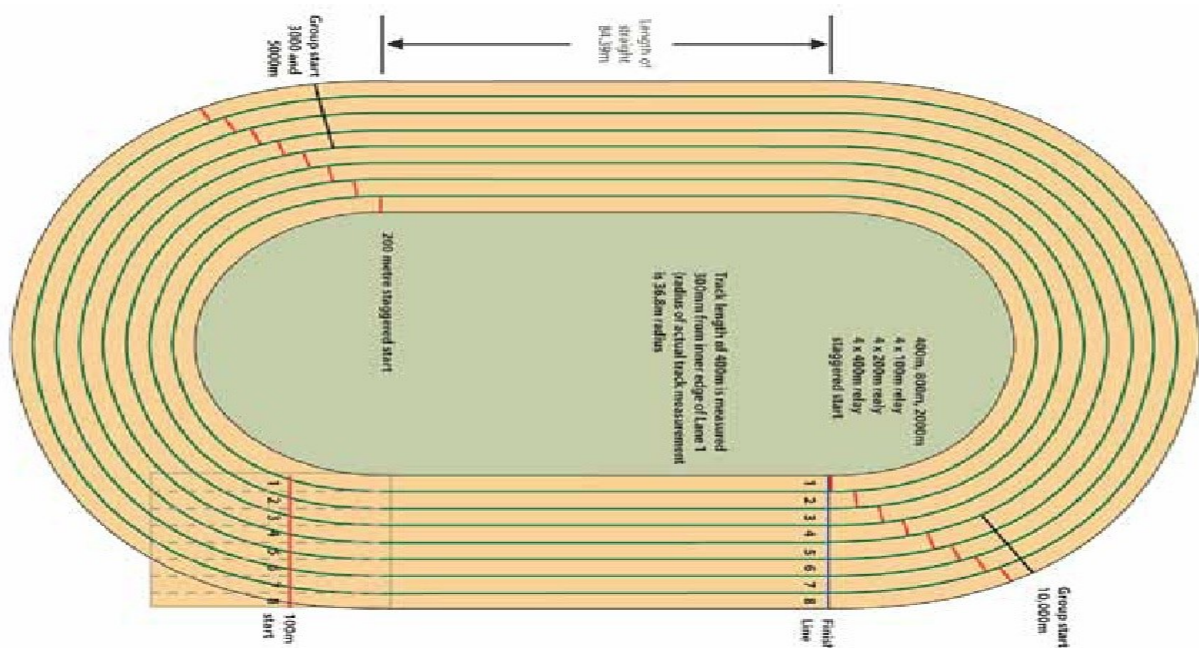
### Code of Conduct

To ensure that all club members are treated club members are asked to sign up to the behaviours outlined in club charters for Athletes, Parents, Coaches and Club officials. Compliance with these charters put equality at the heart of our club

There is also a Club Constitution, agreed and confirmed at Club AGM each year which outlines how club members and officials should conduct themselves during club activities and interaction. Infractions against the club constitution are dealt with as outlined in the Club disciplinary policy. The constitution and disciplinary policy are available to view on the website.

# Health and Safety and Welfare

## Basic rules of track etiquette



Lanes 1 and 2 should be used mainly by the endurance runners in a training session. The outer lanes can be used by athletes doing their warm up, cool down, sprinting and hurdles.

Treat the track and infield as you would a road. Look both ways and make sure it is safe to

If a faster runner comes up behind you and wants to pass, they will shout 'track'.

On hearing the shout 'track,' move to the outer lanes if it safe to do so. When passing someone always give plenty of warning time—shout 'track,' wait for them to move over and continue in your lane.

Never stand on the track, especially lanes 1 and 2. Do not use headphones or mobile phone on the track or infield.

If the track is not busy, it is usually acceptable to do warm up drills in the outside lanes. Often this means you will be running back and forth on the straights. This is the only time that it is OK to run in a clockwise direction. Please consider other track users – do not run back up a track towards oncoming runners.

During competition the infield is generally out of bounds unless you are a competitor. If you are a competitor in the infield you should not cheer on another competitor while there.

### Welfare Policy

The club has two Welfare Officers to educate, deliver and apply the Welfare Policy that the club subscribes to. This policy is implemented to provide a duty of care to our children and vulnerable adults who should be able to train and compete in a safe environment

[https://www.whitemossaac.co.uk/files/CraigW/Documents/General/welfarepolicy2013\\_157130.pdf](https://www.whitemossaac.co.uk/files/CraigW/Documents/General/welfarepolicy2013_157130.pdf)

# Competition, Team selection and Club Kit

## Athletic competition

Whitemoss competes in Team competitions to which our club officials organise entry. There are other competitions that we compete in as individuals but register as a club member and wear team colours.

Whitemoss Competition Plan	
Team Competitions	Individual Competition
Scottish Athletics Indoor League ( Emirates)	Short Course CC Championship
Central & South Scotland AL Outdoor League	Scottish National CC Championship
Men's League (U17 and above)	Open Graded Competition
National Indoor Championships, inc Combined Events	National Outdoor Championships including Combined Events
Youth Development League	Gateshead Pentathlon
Scottish West District CC Relay Champs	3 K, 5K or 10K Road Runs, Marathons or Half Marathons
Scottish Schools (Indoor & Outdoor)	Highland Games,
Lanarkshire AAA	Club Championships

## Age groups and Team Selection

UNDER 11	9 ON THE DAY OR 10 ON 31 AUGUST	Born on or after 1/9 and already 9 years old on day
UNDER 13	Aged 11 or 12 on 31 AUGUST	In any year
UNDER 15	Aged 13 or 14 on 31 AUGUST	In any year
UNDER 17	Aged 15 or 16 on 31 AUGUST 2014	In any year
UNDER 20	17,18 or 19 on 31 <sup>st</sup> December	In any year

The club has a Team selection Policy that is used by the Team manager and coaches to agree which athletes will compete in Track and Field Team Competition. To compete in these competitions athletes need to meet the criteria advised in the Selection policy and also be a member of the club and Scottish Athletics, denoted by holding a current Scottish Athletics membership number.

## Training and Competition Kit

Clothing – Make sure you wear suitable clothing for each session

Track suit bottoms or shorts, T-shirt and jumpers are good as they provide layers to help keep your muscles warm before and after main training sessions. Always bring waterproof clothing in winter or when its wet

Footwear – Trainers are suitable for general training but ensure you have the right footwear for specific events

Whitemoss Kit – Club vests are needed for competition but there are other various items of kit like tracksuits but make sure that you label them once purchased. Contact the KIT Secretary at the link below.

<https://www.whitemossaac.co.uk/kit>

## Stadium Guides

### **John Wright Sports**

East Kilbride Stadium – G74 3EU

Our Hub is here.

The venue comprises an 8 lane 400m synthetic track and facilities for most field events, excluding pole vault. There is no seating but the facility does have a full set of floodlights and showers in the sports centre.

### **Emirates Arena - Glasgow G40 3HG**

This indoor Arena has a 200 metre, 6 lane athletics track which is hydraulically operated to allow for other events. The athletics track will be used for events such as the Glasgow International Match held each January. It will also provide the athletes of Glasgow with a perfect training venue throughout the year. With throwing cages, long jump pits, a 137m warm up/sprint straight and pole vault mats

### **Scotstoun Sports Campus - G14 9HD**

There are a full range of all field and track facilities at the centre, including a 400m track, with a spectator capacity of 4,765. In addition, the stadium has a 130m warm up/sprint straight, long jump pit, high jump mat and training throws area. Special feature: The 400m blue track.

**Ravencraig Regional Sports Facility -**  
1 O'Donnell Way Motherwell, Lan-  
arkshire ML1 2TZ, Telephone -  
01698 274600

Indoor Athletics Area (135m straight with 6 lanes, throws and jumps areas.

### **Pitreavie Athletics Stadium – KY11 8PP**

The stadium is part of the Pitreavie Athletics Centre and located within Pitreavie Playing Fields.

follow signs for the Forth Road  
Bridge. When over the bridge, follow  
signs for Dunfermline then Pitreavie  
Business Park

The facility is superb. The track has a covered stand on the home straight. There is an indoor warm up and training hall with marked lanes and long jump pits, showers and a cafeteria. Special features- the track has only 6 lanes. It was originally cinder and was opened in 1954 when the Scottish Schoolgirls Championships were held there.

### **Grangemouth Stadium - FK3 0EE**

Leave the motorway at Junction 5,  
Grangemouth.

The stadium has a north facing stand. The stadium has a small cafe-  
teria. There are excellent indoor warm up facilities for the athletes.  
Special feature: A notoriously slow track. Monthly midweek open  
graded meetings take place here from April to September inclusive.

### **Dumfries - David Keswick Sports Centre - DG1 1PX**

Open seated area - no cover, but the Sports Centre. Limited Café  
Facilities in the sports centre, limited parking. Special feature: No-  
toriously fast track for 200m races.

### **Ayr – Dam Park – KA8 0ET**

Special feature: The Stand is ideally positioned to catch the sun.  
The stadium has a south-facing stand. Usually sufficient parking.

### **Wishaw Sports Centre Track – ML2 0HQ**

The stadium is new, with clean changing rooms in the Sports Cen-  
tre, a concrete seating area, uncovered and grassy surrounds. Ca-  
tering facilities in the Sports Centre

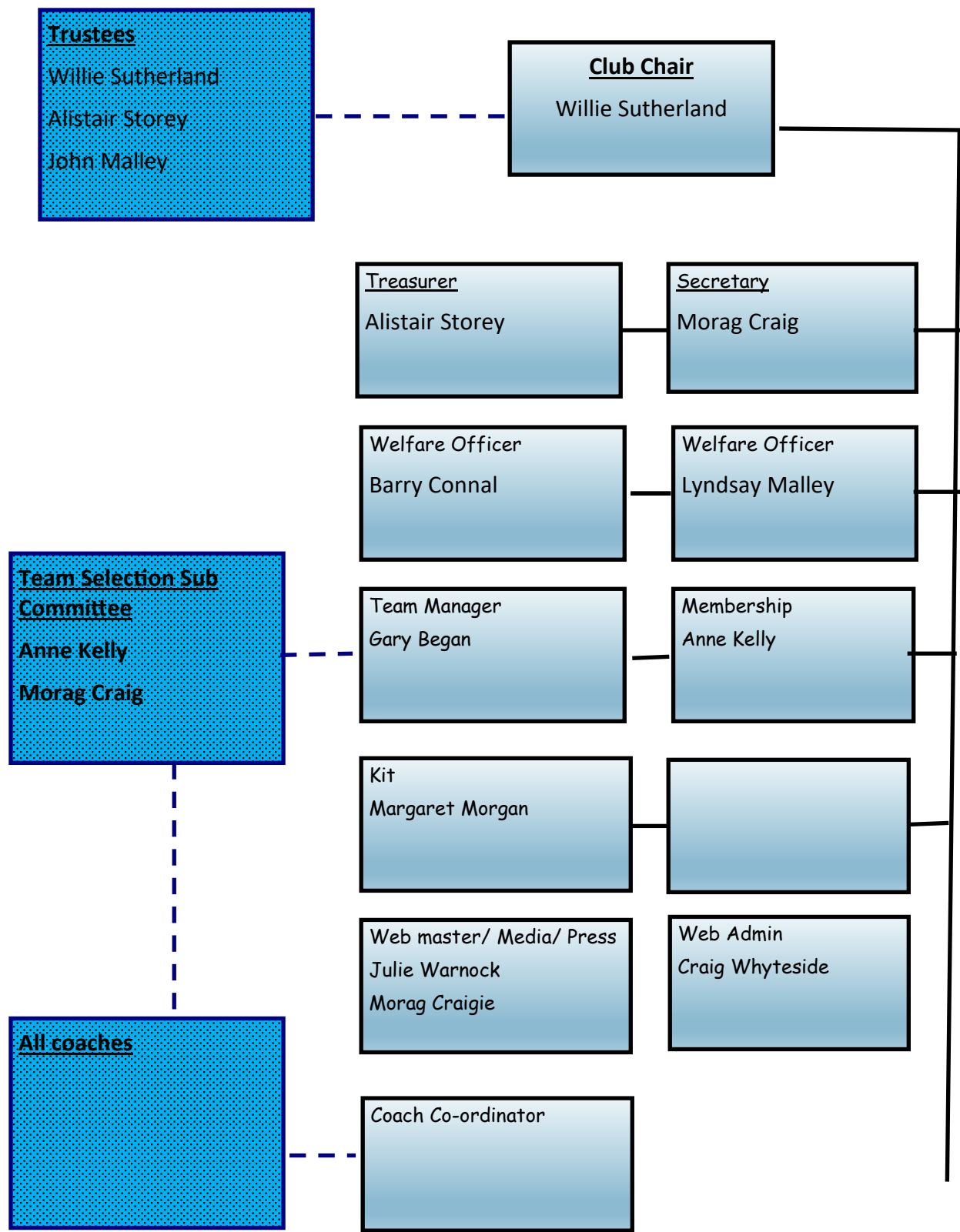
### **Kilmarnock—**

Fast Track with Indoor warm up area and small stand

[Queen's Drive, Kilmarnock KA1 3XF](#)



# Trustee and Committee roles and responsibilities





## Whitemoss AAC Welcome Pack



## The Hub—Our Clubhouse and our partners EKAAC

### GENERAL RULES FOR USE

This document describes the general rules and cleaning procedures which all users of the Athletics Hub, based at Whitemoss Athletic Stadium, must adhere to. Failure to comply with this procedure may result in access privileges being reduced or withdrawn for a period of time or indefinitely where the severity of a breach dictate this. Access will not be unduly restricted.

### GENERAL RULES

The Hub facilities are for the use of club members and parents of WAAC and EKAC, as well as SLL&C by agreement.

The clubs and SLL&C are responsible for the conduct and proper behavior of their members / staff / users to prevent damage or disruption to activities and individuals.

Hub hours are in line with the opening hours of the John Wright Sports Centre.

**NO SPIKES** are permitted in the Hub at any time.

On the first and last time an athlete accesses the Hub on a day/evening, they **MUST** do so via the main entrance. At all other times (going in/out of the Hub during training sessions), athletes will do so via the Fire Exit / Equipment Store Door at the back of the Hub. **BUT** before entering the main hall athletes **MUST REMOVE THEIR SPIKES** and place them on the floor (shelf will be provided in the future) in the equipment store where they can be retrieved when returning to track training.

No items are to be hung on the walls or ceiling at any time including by use of nails, staples, pins, tacks, tape etc., as it damages the surface and or removes paint. Any variance to this rule is at the discretion of WAAC Trustees.

No smoking in the Hub.

No illegal substances will be allowed at any time in the HUB.

No candles allowed inside the Hub.

No pets of any kind are allowed inside the Hub at any time, with the exception of those used as guides for disabled people.