**Before School Athletics Training – 2020**

Dear Parents and Athlete,

Alan Smith (BPS Grandpa to Tom & Lachlan and Athletics coach) runs our ‘Before School Athletics’ training. We would like to communicate the ***Code of Conduct*** below,which is an expectation for all runners who attend.

**Before School Athletics Training IS NOT** a before school care service.

*Alan Smith reserves the right to ask a child to not return to training should they not follow the following Code of Conduct.*

***Code of Conduct***

1. Respect Alan and parent volunteers.
2. Respect other runners and their desire to want to train – “You come, you run” motto.
3. Turn up for training **on time** and **not earlier than 8.10am.**
4. **Asthmatics** must bring their asthma medication to training to avoid medical issues.
5. **ANY medical conditions** need to be clearly outlined on the permission form and students must bring relevant medications to training, for example, Epipen.
6. Students must sign in to every training session they attend.

**Athletes should bring…**

1. A piece of fruit or healthy snack to eat post training before going into class.
2. Your drink bottle.
3. Warm clothes.
4. Change of socks on wet days.

**Permission to Train Form**

By signing this *official form*, parent/care giver are giving permission for Alan Smith and any other parents who have a current *Working with Children’s Check* to care for your child while they are at training from 8.10 – 8.55am.

**You must sign this letter and hand it to Alan Smith on commencement of your first training session.**

**PLEASE TURN OVER**

**Training Schedule**

**\*\*Training days** - **Tuesday and Thursday (except for Public Holidays or Curriculum Days) from 8.10am – 8.55am.**

**\*\*CANCELLATION OF TRAININGS – if wet on the morning of a training session, this training will NOT take place in the gym. Training will be cancelled for that day.**

**Parent Volunteers Needed**

Parent volunteers are needed to manage training sessions with Alan. **You will be required to do a short 15 minute ‘risk management induction’. Please email Alan if you would like to be a volunteer.**

**Alan Smith contact** - [ajfsmith50@gmail.com](mailto:ajfsmith50@gmail.com) and 0409 288 916

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**Before School Athletics Training Permission Form**

**Please bring this form to your first training session**

I (parent/care giver’s full name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ give permission for my child (name of child) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to attend Before School Athletics Training. By signing this form both my child and myself have read and understand the Before School Athletics ‘Code of Conduct’ and also that my child will be supervised by Alan Smith and parent volunteers from 8.10am – 8.55am on the designated training days.

Medical Conditions of my child\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medication and action plan needed for this condition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Volunteer roster** – I can help supervise training sessions on (please circle)

***Tuesday Thursday Both days***

Signed (parent/caregiver signature): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email contact (please print clearly): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_