



Dear MJ Junior / Parent / Guardian

We would like to welcome you to the Malvern Joggers Junior section (MJ Juniors) and provide you with some information about our activities.

The core group of leaders are members of the very successful Malvern Joggers. Each MJ Juniors session is led by athletes who have completed the **Leadership in Running Fitness** course run by the **England Athletics**. All leaders have undergone an **Enhanced DBS**.

The MJ Juniors aims to provide opportunities for young people between the ages of 8 and 16 to develop a healthy lifestyle, increase fitness and have fun through running. The membership fee includes all training and all new members receive a free tee shirt.

Our emphasis is on running for fun and fitness for all abilities, additionally some of our juniors enter into the Gloucestershire Cross Country League and other locally organised events.

Sessions are normally held on Sundays between 10.30 am and 11.30 am at Malvern St. James sports centre (MSJ) or on Peachfield Common, we will keep members informed of any changes to the regular routine. Parents/guardians are advised to check emails before attending sessions to check details have not been changed.

Before starting the first session with the MJ Juniors a parent/guardian must complete a membership form. Included in your welcome pack is a detailed code of conduct for junior members, parents/guardian and session leaders/volunteers.

All athletes take part in training at their own risk. Leaders will take all reasonable procedures to ensure the safety and welfare of young people in their care but cannot be held responsible for injuries or accidents that might occur.

The following are a few brief points about our joint responsibilities as a club and as parents.

MJ Juniors are responsible for:

- Assessing risks for the safety and welfare of all the youngsters during training sessions and taking appropriate measures to manage risks.
- Having proper procedures for dealing with accidents and emergencies.
- Following England Athletics guidelines regarding training young athletes including child protection.
- Equipping runners with reflective tops where appropriate.
- Informing parents/carers of accurate up to date information of events and training. Last minute changes will be communicated by email to parents/carers no later than 9am on morning of session.

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Parents/guardians are responsible for:

- Getting the junior to sessions before 10:30 so your junior is ready to start the session on time.
- Being ready to pick-up the junior promptly at the end of the sessions before 11:30.
- Checking details of current training session, last minute changes will be communicated by email no later than 9am on the morning of the session.
- Ensuring young athletes are signed in on the registration sheet at the start of each session.
- Completing consent forms accurately with all relevant information. If a consent form has not been given in and checked children cannot be left unattended at out training sessions.
- Read the attached code of conduct for parents and carers.
- Arrive in time to collect your junior at the end of the session.
- Making sure that the Junior has proper clothing and footwear for running and they have warm and/or waterproof tops in cold and wet weather.
- Ensuring the junior has adequate water (or other suitable drink) in a clearly identifiable and appropriate bottle.
- Encouraging and supporting them in their running.
- Letting us know if there are medical or personal issues we should be aware of.
- Informing MJ Juniors of any changes to contact details or changes to medical information.
- Transport to and from training, races and other events.

Please take time to read through the enclosed documents and if there are any areas which need clarifying then please do not hesitate to ask a club official or Junior Leader.

Contact info:

General enquires e-mail : mjjworcestershire@gmail.com (Membership, Admin etc)

Andrew Staniforth 07986 248175 (Running Leader)