

WELCOME

To

Darlington Harriers & AC



Established 1891

ONE of the North-East's oldest clubs, Darlington Harriers, has a proud record of helping athletes of all levels and ages make the most of their abilities. There have been a sprinkling of internationals over the years and the club punch above their weight in regional competitions, backed up by their highly regarded coaching team.

Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ



Darlington Harriers & AC

Introduction

Darlington Harriers would like to welcome you to our club and provide you with some useful information about the club including it's policies and processes.

The club supports children from school year 3 (currently in partnership with Darlington Borough Council's Move team) all the way to Senior level (no limit).

Athletes can compete in (age dependant) Track & Field, Road Running, Cross Country, Fell and Ultra running and will receive coaching to help them achieve their personal goals.

The club is currently applying for Clubmark accreditation from England Athletics which is awarded for meeting requirements in playing programmes, child protection, sports equity, ethics and club management.

Clubmark is the acknowledgement that we take these issues seriously and that we are striving to provide high standards and a welcoming environment for everyone participating in sport.

Further information can be found on our club website;

www.darlingtonharriers.co.uk

Follow us on



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Club History

ONE of the North-East's oldest clubs, Darlington Harriers, has a proud record of helping athletes of all levels and ages make the most of their abilities.

There have been a sprinkling of internationals over the years and the club punch above their weight in regional competitions, backed up by their highly regarded coaching team. Founded in 1891 and at more than 350, its membership is at its highest for a long time.

Three Olympic athletes have hailed from Darlington Harriers – George Butterfield, who ran the world's fastest mile in 1906 and competed in the 1908 London Games over 800m and 1500m, R.L Hawley in London in 1948 and Joyce Grieveson, an 400m silver medallist at the 1962 European Championships who also competed at the 1964 Tokyo Games.

More recently, the club nurtured 2012 national indoor 1500m champion Lewis Moses, just one of many talented young athletes developed through Darlington's junior programme at their base at Eastbourne Sports Complex. The Harriers moved to the eight-lane track almost 15 years ago and on club nights it is packed with training groups of all ages.

Their oldest and longest-serving member is 82-year-old Ian Barnes, the club's vice chairman, who is a former European M65 1500m champion and who still regularly represents England at British Masters cross-country events. He was also the inspiration behind Darlington's booming parkrun, which regularly attracts more than 300 runners on Saturday mornings.

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Training

Darlington Harriers offers a variety of training sessions for club members. Training sessions are publicised on our club website, weekly reports and through Facebook. Sessions predominately take place on a Tuesday, Thursday evenings at Eastbourne Complex however not exclusively.

If you are unsure please ask one of the coaches.

To keep all members informed of what sessions are available the website will post in advance times, dates, coaches and the specific session. The club has specific School year groups, beginner and senior so all levels are catered for.

Track memberships are also available to Darlington Harrier members through our partnership with Eastbourne Complex. Members who have Dolphin Centre membership cards will have free access to the track alternatively athletes can pay on a pay as you use basis at a subsidised rate to the complex.

Further information can be found on our website in Training, Junior and Senior pages



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Signing in for training (U16's)

U16 athletes (or parents) will be expected to register themselves/child in the club room at Eastbourne before training and will be cross referenced to those members who have paid their subscription for the year.

In accordance with England Athletics this is a safeguarding rule which athletes and parents must adhere to.

Please note, only fully paid up members will be able to train with the club, the only exception will be anyone having a trial period (the trial period would be for a maximum of 4 weeks).

This will ensure that the coaches will be dedicating their efforts to those who are contributing to the club.

Claire Rutter is our Junior Co-ordinator so if you have a question

Claire can be contacted at:

rutterclaire@googlemail.com



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Safeguarding

Sport can have a very powerful influence on people, especially young people. Not only can it provide opportunities for enjoyment and achievement; it can also develop a valuable qualities such as self-esteem, leadership and teamwork. These positive effects can only take place if the sport is in the hands of people who place the welfare of young people first and adapt practices that support, protect and empower them.

Reality is abuse does take place in sport and some cases coaches and volunteers have been convicted, however much positive work in is in progress to ensure a safer sport environment is created for all young people.

These guidelines will help you to be aware of the good practice that is expected from our coaches and volunteers at Darlington Harriers. This will also help you understand the importance of child protection in relation to children's involvement in sport. We have a more in depth code of conduct for our coaches and volunteers, which is written is written by UKA and adhered to by our club and it is available on request.

<http://www.darlingtonharriers.co.uk/club-policies>

Childline: **0800 1111** confidential service for children up to 19 years old.

NSPCC: **0808 800 5000** helpline helping adults protect children 24/7.

Club Child Protection Officers

Caroline Cook 07968340111

Tai Charlton 07515445747



Both can be emailed at darlingtonharrierswelfare@gmail.com

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Club Equity Statement

This club is committed to ensuring that equity is incorporated across all aspects of its development.

In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them.

It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status. The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse. All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

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Emergency Procedure

In the case of an emergency such as an injury or an accident, please report it immediately to your coach or group leader.

Your coach or group leader will contact the relevant Emergency Services and your point of contact to ensure they are aware.

Information on members will be held at Eastbourne Complex in a secure location.

Please ensure that you take time to read the Codes of Conduct in conjunction with UKA

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Code of Conduct for Athletics Clubs

As a club we have a number of codes of conduct for:

- Club responsibilities
- Coaches
- Technical officials
- Athletes
- Parents or people with parental responsibilities

All of which can be found on the club website in our club policies section.

It's important that you take time to read through these.

<http://www.darlingtonharriers.co.uk/club-policies>

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Social Media Guidance for Darlington Harriers in conjunction with England Athletics

Darlington Harriers reserves the right to add to or amend the terms of this policy at any time without notice; therefore the latest version of this document should always be reviewed which will be held on our club website and a copy at Eastbourne Complex for the most up to date terms, as its rules will supersede any previous versions.

If any club members or parents of young athletes have concerns regarding conduct on Darlington Harriers Club Social Media channels or by club members as outlined in this policy they should contact the Club Welfare Officer which can be found on

<http://www.darlingtonharriers.co.uk/welfare>

The Welfare officer, working with other officers in the club will then ascertain what action is appropriate.

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Juniors

If you are new to athletics there are probably a number of questions you may have, all of which can be answered through our Junior Co-ordinator Claire Rutter who's details are in this pack.

If your child is coming to training then it's important that they have good footwear, a non fizzy drink and a change of clothing as the body temperature drops dramatically after undertaking exercise.

There is a weekly report for Juniors which contains a great deal of information around training and events. Here are some useful sites for our junior members.

Useful links for Junior Athletics

<http://www.esaa.net/v2/2013/tf/currentstands.php>

<http://www.englandathletics.org/page.aspx?sitesectionid=1600&sitesectiontitle=AAA+Standards+Awards+Scheme>

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

<http://necaa.weebly.com/>

<http://dcsaa.co.uk/>



Your Team. Your App.

Keep yourself informed - Team App

Download the Darlington Harriers team app or register on line to keep updated with News and updates

<https://www.teamapp.com/>

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Seniors

So let's make this clear...a senior does not mean you are old! It does however mean you are over 18!

The senior group is over 250 strong and are of mixed age, sex and ability. There is a great mix of activities for senior athletes including Cross Country, Track & Field, Road racing, Relays, Trail, Fell and for those crazy enough...ultra running!

The club has competitions in place for all age categories with some fantastic awards for the top 3 in each category as well as some individual prizes through age grading, most improved and off road runners.

Like the junior section there is a weekly report which will give seniors everything they need and a very busy Facebook Senior Group.

Keep yourself informed - Team App

Download the Darlington Harriers team app or register on line to keep updated with News and updates



<https://www.teamapp.com/>

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Become a Harrier Helper

There is always a need for support at any club at any level, and Darlington Harriers is no exception. There are many support roles within the club ranging from Coaches, Timekeepers, Track judges to report writers, marshals or even someone to rake the sand pit.

We want everyone to feel part of the club from parents, athletes and officials to be able to work together for the good of the club and it's members.

So please, if you think you can help, even if it's just as a point of contact then please contact Paul Cook.

Paul can be contacted on 07967262095 or at paul.cook@ee.co.uk



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Fundraising



HELP THE CLUB RAISE MONEY – FOR FREE!

FOLLOW THESE STEPS

DOWNLOAD THE EASYFUNDRAISING APP VIA APPLE STORE OR GOOGLE PLAY

1. Head to <https://www.easyfundraising.org.uk/causes/dharriers/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

It's that simple.

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Stay in touch

DARLINGTON HARRIERS

NOW HAS ITS OWN APP

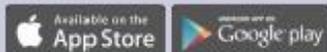


Download our awesome new app now and stay up to date with all the latest information!

Install the Darlington Harriers App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.

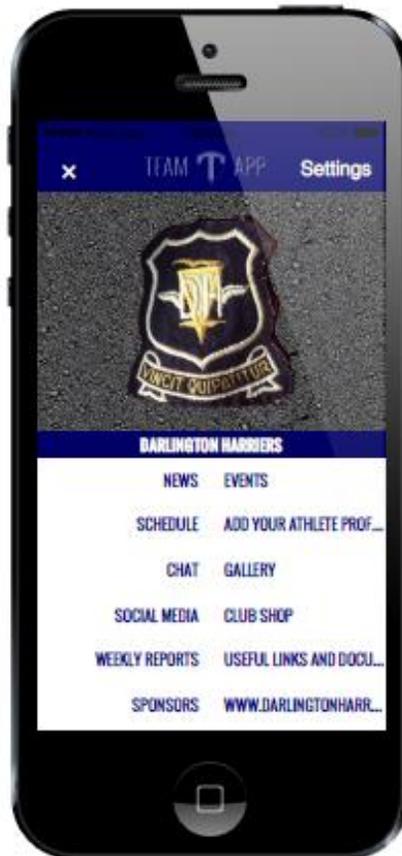


2. Sign up to Team App. You will be sent an email to confirm your registration.

3. Log into the App and search for "Darlington Harriers".

4. Choose your applicable access group(s).

5. If you don't have a smartphone go to darlingtonharriers.teamapp.com to sign up and view this App online.



What can I do via the app?

Hear the latest News

See upcoming Events

Chat to a Coach

Link to Social Media pages

Link to the club website

Find useful links to sites and documents

Order Kit and Merchandise and make payment

And much more

Need help?

Contact: Paul Cook

Email: paul.cook@ee.co.uk

Phone: 07967262095

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Joining

Joining the club is very easy but the process may vary depending if you have been registered as an athlete at another club.

Fees are captured on the membership form which can be found on the link below and agreed at committee and communicated to members in advance of each season.

Athletics season begins on 1st April and finishes 31st March the following year.

<http://www.darlingtonharriers.co.uk/join-the-harriers>

As part of your sign up process, England Athletics receive £14 (for 2017-18 season) for each athlete which forms part of your membership fee.

More information from England Athletics can be found on their website;

<http://www.englandathletics.org/>

For all memberships please contact Paul Cook on 07967 262095 or email him at;

membershipenquiriesdarlingtonharriers@outlook.com for more details.

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