



Date: September 2019

## CENTRE INFORMATION

Welcome everyone to a new and exciting season at Ridgewood Little Athletics Centre.

### UNIFORMS

- Athletes must wear full Club uniform (Club shirt and plain navy blue shorts) and are encouraged to wear Centre shorts. Please see Uniform Policy on the Centre website for full details and note that the policy will be strictly enforced.
- Centre shorts and singlets will be available for purchase on competition days.
- Registration number, age number and sponsor's logo should be pinned to the athlete's shirt. The electronic timing chip should be attached to your registration number behind the registration number.
- Please see Uniform Policy for information regarding spike usage and safety. Spike safety must be discussed with athletes at club training and copies of spike licences kept by clubs. There will be **NO LENIENCY** as to unsafe practices.

### ROSTERS

- Chief officials must report to the announcer's tent at 7:50am to collect their radio, sign in and then proceed to their site to set up.
- Site officials should sign in with their club by 7:50am and proceed directly to their nominated site and report to the chief official.
- Age Group Officials should sign in with their club and will be called to meet at North Marshalling at 7:50am for their briefing.
- Please remember that in accordance with the Volunteer Policy each family must do a canteen roster. Please remember to wear closed in shoes and a hat and remember that children under the age of 16 are not allowed in the canteen. For those on roster, please report to our Canteen Manager in the canteen at your allotted time.
- We may need to call on extra volunteers to help run the program in the first few weeks to ensure the competition runs as smoothly and quickly as possible and your tolerance, patience and assistance would be greatly appreciated.
- The first few weeks are going to be a little hectic as everyone settles in and we ask that everyone be patient and courteous to each other. We are all volunteers working together to help the athletes compete at their best.

### ATHLETE MARSHALLING

- Athletes for walks and 1500m runs must marshal with the chief official at the Announcer's tent before 7.20am. At 7.20am the chief official will take those athletes present and ticked off to the starting position for the race and only those athletes will be allowed to compete in the walks and 1500m runs.
- Athletes MUST marshal for all events at the Southern or Northern Marshalling Tent. They will meet their Age Group Official there, who will tick their names off before moving onto their scheduled event.

## ARENA SAFETY

- All athletes are to remain around the Club tents and ***NOT*** venture down to the lake area or play around the skip bin/carpark for obvious safety reasons. **It is the responsibility of parents and clubs to enforce these rules.**
- All parents and spectators ***MUST*** always remain behind the ropes. No parents are allowed in the middle of the Arena, unless you are on roster.
- The end of track and the timing gates area is out of bounds to parents and athletes. At no time should any athlete or parent cross the track or run through the timing gates (except during their track events!). For safety reasons and the smooth running of all events we ask that everyone always stays clear of end of track.

## RESULTS

- Athletes have access to their weekly results on the following website: [www.resultshq.com.au](http://www.resultshq.com.au) Please see your club registrar if you are unsure of your log in details.
- If parents have a query or complaint on competition days, in the first instance please see a member of your club committee who will then in turn see the Centre Arena Manager. The Arena Manager will deal with the matter with assistance from the Event Referee or the Executive Ridgewood Committee.

## MEMBER PROTECTION

- RLAC has a comprehensive Member Protection Policy (which is available on the Centre website) and have appointed Rachel Quirk as the RLAC Member Liaison Officer. Rachel is available to assist in the resolution of any complaints.

## INFORMATION & GOVERNANCE

- Please see the Centre website [www.ridgewoodlac.org](http://www.ridgewoodlac.org) for more information about the Centre and note that information is added on a weekly basis. Information previously provided in the Centre handbook is now available directly on the Centre website including records, results from last season, weekly programs and calendar.
- The Centre has updated its constitution to comply with the Associations Incorporation Act 2015. The current constitution is available on the Centre website.

The Committee wish all the Clubs and athletes a great season of athletics and look forward to seeing you on the park.

## RIDGEWOOD LITTLE ATHLETICS CENTRE COMMITTEE

# Family Fun Fitness

