



## North Shields Polytechnic Club

### Adult Athlete Welcome Pack

Thank you for choosing North Shields Polytechnic as your athletic club it is great to have new Members

Some people you need to be familiar with at the club are the coaching coordinator and the welfare officer:

- **Chris Mole** Coaching Coordinator -any problems/ queries you may have with coaching or for more information about becoming a volunteer/ coach [chris.mole@btinternet.com](mailto:chris.mole@btinternet.com)
- Welfare officer - **Bruce Robertson**, if you have any problems with athletes / parents or other coaches please contact Bruce as soon as possible. Bruce can be contacted on *mobile* 07806791393 email [bruce@brucerobertsonfitness.co.uk](mailto:bruce@brucerobertsonfitness.co.uk)

### Training Times

For all information about training nights/times and groups please visit our club website:

[www.nspoly.co.uk/training/](http://www.nspoly.co.uk/training/). If you are unsure about what group might be best for you then speak to Chris Mole the clubs coaching coordinator, or contact him via email [chris.mole@btinternet.com](mailto:chris.mole@btinternet.com)

## Club Kit

Our club colours are red navy and white. Please visit our club shop to obtain club vest which you will need when competing for NSP.

Navy blue shorts are recommended but you may also be interested in other club branded clothing including hoodies, jackets and various wet weather kit items.

## Events

Most local events can be found on the club notice boards and on our website:

<http://www.nspoly.co.uk/results-events/> These would include road races, cross country, fell and track and field.

The club likes to encourage you to try something new. Ask your coach which events might be suitable for you.

## **First Aid**

The first aid box and defibrillator is located on the club shop counter. The club shop is always managed during club training times.

There are two spare first aid boxes in the kitchen.

First aid waist pouches are available for anyone to carry. These can be found in the office.

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## Code of Conduct for Athletes

Please read the [England Athletics Code of conduct listed below](#)

**As a responsible athlete you will:**

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in the best interests of the yourself and other athletes
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Always thank the coaches and officials who enable you to participate in athletics

**As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:**

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse
- Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

**Important**

This code is a framework within which the club members must work. It is a series of guidelines and instruction which members are required to abide by. By joining North Shields Polytechnic you also agree to these codes of conduct.