

## Safeguarding including Health and Safety

We take Safeguarding very seriously and anyone with a role in the club is required to complete a 'Self Declaration' form. All qualified coaches are DBS checked. Please see the web site for further details.

## Coaches

The Coaches are the life blood of the Club - without them, we wouldn't have the juniors and far fewer future athletes. The coaches are so dedicated and give so much time to the development of members, not just in the session but also preparing the sessions and developing their own coaching skills. The coaches meet regularly to agree how we move forward as a Club and how we can best develop the athletes. We have a lot of equipment and so can give all

round athlete development. Anyone can be a coach – you don't even need to have been a runner. All you need is enthusiasm and enjoyment in helping people improve.

## Social Side

The Cricket Club in Chorley is the base for CAaTC and we utilise their facilities including the club house and bar. We also arrange both junior and senior Christmas events as social gatherings and presentation of awards. There are also other ad hoc events and the Events Committee develop these.

## 'Who's Who and Who's Doing What'

This is simply a list of all the roles in the Club with the name, phone number and email address of the member doing each of the roles. It includes the dates of the committee meetings and AGM so is really useful for members.

## Getting Involved with the Club

Just do it! All the contacts are on the 'Who's Who' (on the website) so just volunteer!

## For More Information

Visit the web site – [www.chorley-athletic-and-triathlon.org](http://www.chorley-athletic-and-triathlon.org)  
Contact a **committee member / discipline lead** as shown on the web site  
If 17 or over, just join us **Monday evening at Holy Cross 7.00pm (St Michael's from 1<sup>st</sup> July 2016) with kit on!**



**CHORLEY ATHLETIC  
& TRIATHLON CLUB**

run : jump : throw : bike : swim : walk : fun

[www.chorley-athletic-and-triathlon.org](http://www.chorley-athletic-and-triathlon.org)



# About Us

## A Guide for New Members

### What we are

We're an athletic club, with about 300 members. We're affiliated to UK Athletics and the British Triathlon Federation, so that gives us our status as a Club and recognition in the Athletic and Triathlon world.

### What we do

We cover several sporting disciplines, for both senior and junior members, though they are all dependent upon members interest and junior coaches. The main disciplines covered are:-

- Track & field (sprinting, middle distance running, throwing, jumping);
- Endurance, Road/trail, Cross country and fell/hill running;
- triathlon / duathlon / multi sports and walking.

### What does Membership involve

There are a few categories of membership but the main ones are **Senior** (17 and over ) and **Junior** (up to and including 16). Members pay an annual membership which covers national subscriptions and some general running costs of the club. Members are expected to adhere to the values of the club and support what the club is trying to achieve.

### What being a member gives you

Never is it more true to say that you get out of the Club what you put into it! So there is advice and training, motivation from working with others; social interaction; help to progress and improve performance. Membership also gives free entry to over 25 events.....and not to mention loads and loads of fun!!

## How the Club is run (pardon the pun!)

There are several parts to how CAaTC operates, many of which you would expect from any organisation made up of members. It is always stressed that the Club is 'run by members for members', but always remembering that members are all volunteers. The Club has:-

- rules which show how we operate i.e. the **Constitution**;
- **Codes of conduct** for athletes, coaches and parents/guardians; these define the standards of behaviour expected from each group;
- various **policies** e.g. Equal Opportunities, Child and Vulnerable Adult Protection Policy;
- an **Annual General Meeting** in May for all members to attend;
- a **Management Committee** with a Chairman, Treasurer, Secretary, Membership Secretary and Promotions/Press officer. Meetings are every 2 months and members are actively encouraged to contribute to the meeting either by attendance or other means.
- a **Finance Committee** with different people to those on the Management Committee. This group ensures financial independence and checks the spending. It is members' money and so the finance committee gives members an independent assurance that it is spent in the club's interest;
- the **Events committee** which meets roughly monthly to look at all events going on and which we would support – all invited;
- the **Junior committee** which is made up of parents/guardians, coaches and the admin support for the junior section and looks at all the operations of the juniors activities as well as session plans etc;
- **Other roles and functions** members take on including discipline leads; race organisers, coaches, captains, Safeguarding officers etc;
- the **web site** – ([www.chorley-athletic-and-triathlon.org](http://www.chorley-athletic-and-triathlon.org)) with a facebook page, messaging and links to related sites; all useful info;
- the **monthly newsletter** – full of articles for members written by members. Very current and topical with a diary of the events for the following month.

## Club Sessions

The club has sessions on Mondays, Tuesdays and Thursdays and details are all on the web site. The main athletic sessions are:-

Monday Holy Cross High School (St Michael's High School from July 1<sup>st</sup> 2016)

Tuesday Various around Chorley

Thursday Chorley Cricket Club and Horwich Track

Informal sessions are also arranged by members often on a Sunday morning.

## Races and Events

There are many events available for members to compete or just have a go including events for juniors. The coaches are only too happy to give further advice. But always remember, it's not just about competing when you are 12, it about still being involved and competing when you are 22, 32,...72, !!!

There are also:-

- **local inter club races** - where clubs compete against each other and so we encourage all members to do these races - you won't be alone in these!
- **club grand prix** (13 of them!) – our own set of events for members with prizes are awarded at the end of the year. The winners aren't the fastest; they are members who regularly turn out so all have a chance.

We also compete in relay events and field as many teams as we can (pardon another pun!).

## CAaTC Organised Races

The Club arranges its own races which currently are:-

- Great Hill Fell Race (June);
- Astley Park series of 4 trail races (monthly May – August)
- Junior Duathlon in Astley Park (July)
- Cross Country Race in Astley Park (October)

In addition we support and play a very active part in organising the Roddlesworth Roller / Daffodil Duddle in March - a fantastic race through the countryside of Abbey Village.

These races take immense time and effort to arrange and also require marshals, time keepers and lots of other people to help at the race. So that is a good way to start supporting the Club and getting to know more people. It's great fun.