

CHERRYBROOK LITTLE ATHLETICS

Thursday 24 September 2020

It was great to see so many smiling faces last Friday evening and seeing some athletes trying events for the first time.

Tomorrow evening will be similar to last week with track events being timed and field events being measured, however, it will be a non-point scoring night and records will not be validated.

This week we will be running [Program 3](#). **Javelin** will be available to athletes in the U14 to U17 age groups from 5.15pm.

PARENT DUTIES

All parents with the exception of U6 parents, canteen and barbecue helpers will be required at their duty area tomorrow evening. To check your seasons' duty or to sign up for your season duty please do so via this [link](#). If you require assistance please contact Amanda Kely on 049073524.

WHAT TO DO ON ARRIVAL THIS FRIDAY NIGHT

1. Arrive at the oval by 5.45pm or 5.10pm if competing in Javelin (U14-U17 athletes only). Enter through the designated entry points (one at the top of the car park turning circle near the amenities building and another at the top of the stairs from the bottom car park) and hand sanitise before entering. A head count will be taken of everyone entering the oval so please use an official entry point.
2. Go to the assigned area for each of your children's age groups on the oval adjacent to the club house and check in using the club's QR code with the age managers.
3. Please do not allow athletes to play on equipment or with balls, frisbees or any shared items.
4. Briefing for all duty parents near canteen at 5.50pm
5. Go to the duty area you have signed up for this season. See the duty help desk on the oval if you require assistance.

Parent Duty Explanations

Oval set up and Pack up duty

Anyone on this duty is asked to arrive no later than 5.30pm with two pairs of disposable gloves. Please wait for instructions at the storage room at the end of the amenities building closest to the bank. After the oval has been set up, you can check your children in with their age managers and choose an age group to remain with and assist for the evening. At the end of the night you will assist packing up the oval.

Age Managers

All Age managers are asked to be in place at their age group assembly area for athletes and parents to start checking in with you. Ensure each child is dropped off by an attending parent and that they check in using the QR code in your folder. Please provide athletes with a quick warm up before they commence their first event at 6.00pm.

Track Duties

If you have signed up as a starter, track official or timing gate operator this season, please report to the track you have signed up to officiate at.

Field Duties

If you have signed up for a field duty this season please go to your field event area. If you have experience in your field area, you may be asked to instruct new parents on how to officiate the event. The Club would hope that all parents on a field duty have undertaken their Level 1 Officials course for their event area.

Canteen and BBQ

You will not be required on duty this week, so are asked to actively assist an age manager for the evening.

COVID Monitors

Bathroom COVID Monitors will be contacted during the week regarding their duty on Friday night. Other non-committee COVID monitors will not be required this week and are asked to actively assist an age manager for the night.

Duty Roster Facilitators

Duty facilitators will be required this week.

If you do not have a duty for the evening you are asked to remain with one of your children's age managers and actively assist the group for the evening. At Cherrybrook Athletics the program is run by the parents for the children, so all parents should be engaged in some way and not simply be spectators.

WHAT TO BRING ON FRIDAY NIGHTS

Due to COVID-19, Age managers and assisting parents will not be permitted to help athletes carry their items between events. Athletes are also asked not to bring any toys, games (including balls) or food to share.

Each athlete should bring with them preferably in a backpack a clearly named drink bottle (athletes are asked not to use bubblers) and warm outer clothing. Waffle runners may be worn in all age groups and spikes are optional for athletes in the U11 -U17 age group.

FINALISING REGISTRATIONS

Members who have registered and paid online but have not yet received their registration number or age patch are required to finalise their registration in person this Friday from 5.50 – 7.30pm. Registrations that are not finalised this Friday night will have to be done by appointment only from the 9th October.

To finalise your registration, please:

- bring a copy of your registration receipt.
- read the club's Volunteer Commitment Statement and sign up for a duty via this [SignUp Genius link](#). If you require assistance with this step, assistance will be provided on the day.
- submit a completed [Working with Children Form](#) for each parent that will be attending Cherrybrook Little Athletics this season.
- Provide proof of age for any new members to the club e.g. passport or birth certificate

UNIFORM SALES

As a COVID safety initiative, uniforms are by **pre order and collection only**. Please pre-order uniform [here](#).

Uniform ordered online before 5pm on Thursday will be ready to collect this Friday from 5.45pm – 7.30pm. After this Friday, uniform collections and exchange will only be available by appointment.

Due to COVID-19, uniforms cannot be tried on before purchase. Exchange of items in original condition can be offered within 2 weeks of purchase. No refunds.

Each athlete is required to wear a Cherrybrook singlet or crop top. Any black shorts can be worn, they do not need to have the Cherrybrook logo. All other items are optional.

Singlets and shorts are a small make (most people buy a size bigger than their child usually wears). **Singlet measurements are on our shop webpage (in the description)**. Please measure a top at home and compare measurements.

Fleeces are an accurate size.

HELPERS NEEDED:

COVID monitors

According to our COVID-19 plan, we are required to have some COVID monitors to supervise the bathrooms and general compliance of using hand sanitiser and keeping social distancing etc. Without COVID monitors, we cannot by law run our Friday night competition. The Club understands this is not a glamorous duty, but it is an essential one. Could members please consider signing up for this duty and if you require further information, please contact Nicky Jenneke on 0448 407 716.

Canteen coordinator needed

The canteen is a regular feature at Cherrybrook athletics and as well as feeding our many hungry athletes on Friday nights, it is also a main source of income for the Club. Unfortunately, the Club does not have a canteen coordinator to run the canteen this season. Please contact Sandra Moore on 0402 099 206 if you would like to learn more about this role. **The Canteen will be closed this Friday.**

First Aid Officer

The Club may need the assistance of a qualified first aid officer this season on Friday nights. If you are a doctor, nurse, physio or just have a current first aid certificate and are happy to assist with first aid, please get in touch with our First Aid Coordinator Jane Wegener by emailing jane.miles01@gmail.com or via text 0488 024 626 (please do not call)

ATHLETES WITH MEDICAL CONDITIONS

If any athlete attending Cherrybrook Little Athletics has a condition such as asthma, epilepsy, diabetes or a severe allergy etc, could you please provide the club with details of the condition and the action plan for the athlete if they require medical assistance. Please hand these details to the registrar with the child's name and age group clearly provided.

WHERE TO PLACE PATCHES ON UNIFORM

Registration numbers:

All McDonald's registration numbers MUST have the FULL gold border showing including the year and be placed in the centre of the uniform top.

Age patch:

The age patches must be placed on the front left-hand side of the uniform (above or below the club logo).

If girls are wearing a crop top and bike pants, the age patch should be sewn onto the left-hand side of the pants, instead of on the crop top.

Coles sponsorship patch:

The Coles sponsorship patch MUST be placed on the front right shoulder of the uniform, but it must not cover the McDonald's logo or registration number.

UNCOLLECTED ITEMS

Uncollected Items from last season will next be available for collection on Friday 9th October

OFFICIALS ONLINE TRAINING

The Club encourages all volunteering parents (1 parent per family) to please complete their [AAOES Level 1 online course](#) in at least 1 track or field event (preferably relating to your chosen duty).

As all U6 parents assist in the running of U6 activities, we encourage these parents to undertake their level 1 official course in both long jump and shot put.

Please keep in mind Cherrybrook Little Athletics is run by our parents for our athletes. The more informed and engaged our parents are, the better the experience will be for our athletes.

FACEBOOK

Please follow and like our Little Athletics Facebook page at <https://www.facebook.com/Cherrybrook-Little-Athletics-106804180667266>

This will be a major source of information this season, so you are strongly advised to check this page every Friday before attending Little Athletics.

If you do not wish for your child's image or name to appear on the social media platform, please let Nicky Jenneke know on 0448 407 716 or reply to nickyjenneke219@gmail.com

DATES FOR YOUR DIARIES

Monday 28 th September	Dual registrations (U12 – U17) registrations with the Seniors Club open
Friday 2 nd October	No Friday night competition due to October long weekend
Friday 9 th October	Friday Night Athletics Program 1 (point score commences)

COVID COMPLIANCE

WHO MAY and MAY NOT ATTEND

Only 1 parent or caregiver per family is invited to attend Cherrybrook Little Athletics activities. For families with a need to have multiple parents or caregivers on site, an exemption can be applied for by emailing cherrybrook.athletics@outlook.com

Only 1 parent and participating registered athletes may attend Cherrybrook Little Athletics activities, this means no siblings, other relatives or friends. For families who need to bring along an additional person, exemption must be applied for by emailing Cherrybrook.athletics@outlook.com

Nobody should attend any Little Athletics activity, if in the past 14 days they have:

- visited Victoria
- attended any of the reported case locations listed on the NSW Health website (<https://www.nsw.gov.au/covid-19/latest-news-and-updates>)
- been unwell or had any flu-like symptoms, (a full list of symptoms associated with COVID-19 infection can be found at <https://www.nsw.gov.au/covid-19/symptoms-and-testing>) or
- been in contact with a known or suspected case of COVID-19, or
- any sudden loss of smell or loss of taste, or
- are at a high risk from a health perspective, including the elderly and those with pre-existing medical health conditions.

COACHES COVID PLAN FOR FRIDAY NIGHTS

Coaches will remain part of the Cherrybrook Little Athletics experience, but all coaches must comply with the following:

- Coaches must arrive and register their attendance with a QR code.
- Coaches must wash their hands or use hand sanitiser on arrival and assist with equipment set up (gloves to be worn).
- Coaches are to instruct athletes by demonstration, explanation and correction only.
- Coaches are not to have physical contact with athletes
- Coaches are to keep a 1.5m distance from others

OFFICIALS COVID PLAN FOR FRIDAY NIGHTS

Parents/caregivers will take on the role of officials during Friday night competition. All officials must comply with the following:

- Officials that are also parents/caregivers must first sign in with their youngest child's age manager using the QR Code
- Officials that are visitors to the Club must first register using the QR code located on the wall outside the storage area at the end of the building closest to the bank.
- Officials should then gather near the canteen for briefing.
- Officials should be in place at their event area as soon as possible after the briefing to ensure athletes are not tempted to touch the equipment prior to competition commencing.
- Officials must wash their hands or use hand sanitiser on arrival and will be encouraged to wear gloves and a mask.
- Officials are to remain contactless with others including athletes.
- Officials are to remain 1.5m from others whenever practical.
- Officials are to ensure all equipment that is handled, is sanitised before each new age group and after the last age group of the session.
- Officials at throws events are to ensure that athletes use hand sanitiser before their turn and again

during their turn if they touch their face.

- Officials are to ensure at all field events that measuring equipment is sanitised between age groups if there is a change in the person handling the measuring equipment.
- Officials at High Jump are to sanitise the cross bar, handles and measuring stick and spray the mats with disinfectant before each new age group.

Cherrybrook Athletics Committee