



# **BRACKEN RIDGE BRANCH LITTLE ATHLETICS CENTRE**

**2026 - 2027  
REGISTRATION HANDBOOK**



Find us on  **Bracken Ridge Little Athletics**  
[www.brackenridgela.asn.au](http://www.brackenridgela.asn.au)

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## 1 CENTRE OPERATION

### 1. What is Little Athletics?

Little Athletics is a national organisation catering for over 100,000 children across Australia. It is based on the philosophy of **Family, Fun and Fitness** and encourages family involvement.

In Little Athletics we perform many of the same events that mature athletes do - but with minor modifications to keep it safe and to allow children of varied ages and ability to compete with high levels of personal achievement. Our Centre aims to allow young kids 'to enjoy athletics'.

## **2. How does it run?**

The children are arranged in age/gender groups depending upon numbers. For time efficiency the groups are spread across the event areas and move from event to event in turn after the whole group has completed their event.

Parents conduct the activities at each event area and complete the measuring and recording tasks. After the assigned events for that age group have been completed optional grouped long-distance track events are available before the night is complete.

## **3. Weekly Program**

The total program covers both track and field events. Each week four/five events are planned on a rotational basis so that at the end of the cycle the total program has been completed by all age groups. Events may be either added or deleted at the discretion of the Centre committee. U6 boys and girls complete a skills development program so that they are then able to participate in a modified event program. Refer LAQ F.A.S.T. Program. Tiny Tots participate in the LAQ Tiny Tots Program. Refer LAQ Programming Guide.

Please complete the Athlete Absentee Register if athletes are sick, injured or on holidays.

An athlete warm-up commences at 6.00pm with announcements taking place immediately after. Warm-ups take typically ten minutes at the commencement of the program and all athletes should participate.

## **4. Age Divisions**

The age divisions in Little Athletics are determined by rulings on a state basis and the child remains in that group for the whole of the season. Our Centre runs U6 to U17 age groups. For example, if a child turns 9 years old between 1 January and 31 December in one year then they will be in the U10 group for the whole season.

A Tiny Tots program will be offered. The child must be turning 3 or 4 years of age before registering as part of the Tiny Tots program.

## **5. Proof of Age**

We require proof of age to be supplied at time of registration. A birth certificate, passport, baptism certificate or baby clinic card is sufficient proof of age.

## **6. Participation**

We prefer all athletes to attempt all the events offered unless there is a valid reason for not doing so. We will not force any competitor to undertake any event, but our philosophy of competition is to attempt those events where confidence is lacking or where winning is not guaranteed.

## **7. Behaviour**

Little Athletics is not a weekly period for nuisance behaviour. Inappropriate behaviour spoils the time for everyone and will be penalised. Age Marshalls carry a yellow 'inappropriate behaviour' form. If athletes do not follow the instructions given by the Age Marshall or other Officials, they will firstly be given a verbal warning in an appropriate manner. If the inappropriate behaviour continues and the athlete must be given two more verbal warnings, the Official may escort the athlete to a committee member. In the event of the athlete refusing to be accompanied to a committee member, a committee member must be called to go to the athlete. The Committee member may exclude the child from the next event or two depending on the severity of the behaviour. If an

athlete is excluded, the parents of the athlete must be informed, and the Committee member must complete a yellow 'inappropriate behaviour' form. The athlete is then required to sit in front of the clubhouse under the supervision of a parent/guardian or Committee member. Refer LAQ Zero Tolerance Policy.

## 8. Parental Assistance

To smoothly run a normal program of athletics events, around **80 parents** are needed each and every weekly meet. Their tasks are easy to learn and perform and require no previous experience or athletic knowledge.

Coaches and judges will be available for clarification and to perform the more specialised event tasks, such as ruling on fouls or technique advice.

The following parent helpers are needed:

### 8.1. Age Marshals

This task is to accompany a specific age group for the evening, guiding the children from event to event. We have laundry baskets to aid in carrying water bottles, jackets and shoes.

Age marshals complete the field event record sheet. Age marshal assistants are also allocated to the younger age groups.

The field event sheet and folder must be returned to the Records Officer in the clubhouse at the end of the evening.

### 8.2. Field Event Assistants

General help is needed at most field events to allow the events to run smoothly. These assistant tasks include 'spiking' the throw or jump landing to allow measurement by the event judge, returning the thrown item to the next thrower and raking the sand pit smoothly for the next jumper. There will be event judges to run these events and to guide the assistants.

### 8.3. Track Event Assistants

Every competitor from U7 – U17 is given a time for individual track events so timekeepers and place judges are needed each week. The track event tasks include performing timekeeping using the available stopwatches, placing competitors into finishing order and writing out athlete performances on to track sheets.

### 8.4. Parent Roster

A roster levy is paid upon registration of athlete. The roster levy will be refundable at the end of the season if parents/guardians complete **60% of the total number of weekly Centre meets scheduled for the 2026/2027 season**. It is a requirement that you **MUST** complete a portion of your roster **BEFORE** the Christmas break (if you sign-on before Christmas) and a portion **AFTER** the Christmas break. Scheduled Centre meets are adjusted depending on the date of athlete registration and/or cancelation of Centre nights beyond the Centre's control, for example, rain. **If the required number of roster commitments are not fulfilled, you will forfeit your roster refund, and your child WILL NOT be eligible to receive a trophy at the end of the season.**

**\*\*The online system for registering yourself for a position for Friday nights is SignUp.com. On registering your athlete at the Centre, you will receive a family code. You will need this code to use SignUp.com. This system will be open by 9pm on a Wednesday night. Please ensure that your name is recorded via the online app or by the Officials/Roster Officer on the night that you work.**

### 8.5. Registration Fees

If you have completed your two-week trial for Little Athletics and you decide to register your athlete, the \$20 trial fee is deducted from your Registration Fees. **Please note that, once registered, if your athlete decides not to continue or is unable to continue with Little Athletics, the athlete/s Registration Fees are NOT REFUNDABLE at any time.**

## 9. Uniforms

Uniforms provide an important means of athlete identification and identity for the sport of Little Athletics. It is the responsibility of both Centres and individual athletes to ensure they meet the requirements set out in this policy.

Little Athletics Queensland recognises that the style of uniform that an athlete wears, is a matter of personal preference. **Parents/caregivers** have the responsibility to ensure athletes are attired appropriately, considering factors such as:

- Sun protection
- Athlete comfort
- Religious beliefs
- Age appropriateness

**All competing athletes must be attired in the correct Centre uniform, which conforms to the Centre design and colours approved by LAQ.**

The uniform must be worn in compliance with the items design, e.g. not rolled up or down. Failure to comply with this will lead to the athlete not being allowed to enter the competition arena.

**NOTE: There are no age or gender requirements for the use of any uniform item.**

### 9.1. Tops

Athletes may wear a polo shirt, singlet or crop top in the colours and design approved for their Centre by LAQ. These will be available for purchase at our Centre.

- Polo shirts will be continued to be offered to ensure a sun-safe option for athletes. Singlets and crop tops will be offered in addition.
- Crop tops are to be of sufficient size to clearly display the registration label so that the registration number and sponsor logo are entirely visible. The depth of the crop top must not be less than 15cm.

Compression garment tops must be the approved centre uniform in colour or predominantly black.

### 9.2. Bottoms

Athletes may wear shorts, skirts, bike pants, racing briefs or compression garments as approved by LAQ.

- Athlete bottoms shall comply with the approved centre uniform colour or be predominantly black.
- Bike pants, compression garments and shorts shall be above knee length for walks events. Athletes not in walks events may wear full length compression garments or tights on their legs.
- A manufacturers logo is permitted provided it is no larger than 5cm x 5cm.
- A club sponsor logo is permitted to a maximum size of 10cm x 5cm.

### 9.3. Socks

Socks or compression socks are not considered part of the Centre uniform.

### 9.4. Logo & Patch Placement

- Registration bibs are to be affixed to the front of the uniform top and must be entirely visible.
- A club sponsor logo may be included in the centre, below the neckline, to a maximum size of 25cm<sup>2</sup>.
- The left breast may include the Centre logo to a maximum size of 40cm<sup>2</sup>.
- A club sponsor logo is permitted on the lower back, to a maximum size of 30cm x 10cm.
- LAQ reserves the right to set aside other parts of Centre uniforms for LAQ sponsorship at their absolute discretion.

## Front of Uniform



## 10. Footwear

It is compulsory for athletes to wear footwear in all events:

Only Under 11 to Under 17 athletes are permitted to wear spiked shoes:

- ♦ Competitors in the U6 - U10 age groups may not wear spiked shoes.
- ♦ U11 - U12 athletes may wear spiked shoes in all laned track events, jumping events and javelin.
- ♦ U13 - U17 athletes may wear spiked shoes in all track events (excluding walks) and for jumping events and javelin.

Spiked shoes must be carried to the event area and put on only at the **START** of the event. They must be removed immediately after completion of the event.

Under 10's and lower are not permitted to wear spiked shoes even with the spikes blunted, removed or blank spikes substituted.

Footwear (e.g. Sandshoes, Waffles, Thongs, Slides etc) must be worn at all other times (e.g. from event to event).

## 11. Keeping in Touch

- |             |                                                                                                                                                                       |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ▪ Committee | ▪ Please feel free to approach us with your queries and any comments or suggestion which may improve our centre.                                                      |
| ▪ Facebook  | ▪ Throughout the season lots of important messages and information is placed on our Facebook page. Bracken Ridge Little Athletics. You can also privately message us. |
| ▪ Web Site  | ▪ There is lots of interesting information on our web site. <a href="http://www.brackenridgela.asn.au">www.brackenridgela.asn.au</a>                                  |

## 12. Smoking

LAQ regulations state that **smoking is not permitted on or around the arena**. The designated smoking areas are the car parks. We ask that you think of the children competing!

## 13. Canteen

The canteen operates as a service to you and is run by volunteer parents just like you. We offer an assortment of hot food, cold drinks, some lollies and crisps. The coffee van is present most Friday nights. Times of operation for the canteen are 5:45 pm till 8:30 pm approximately. We also have Level 3 Accreditation as a Good Sports Club.

## **14. Committee**

The Centre is coordinated by a group of **volunteer** parents who basically ensure the nights run smoothly, together with the rostered parental help. They meet once per month midweek to discuss season progress and to handle the next month's affairs.

### **14.1. Committee Positions and Responsibilities**

The Committee positions and responsibilities include:

**Centre Manager** - coordinates committee involvement

**Assistant Centre Manager** - assists in all areas and assumes Centre Manager position if he/she is not available.

**Treasurer** - looks after our financial affairs

**Secretary** - takes care of centre correspondence and meeting minutes

**Officials Officer** - organises officials' accreditations and ensures judges and assistants are available

**Roster Officer** - arranges parent roster

**Registrar** - takes care of athlete registrations and details

**Coaching Co-ordinator** - takes warm-ups and midweek coaching sessions

**Arena Manager** - ensures competition night runs smoothly

**PR/Fundraising Officer** - responsible for public relations issues & organises raffles etc.

**Equipment/Grounds Officer** - organises field marking, mowing and equipment maintenance

**Nominations Officer** - responsible for submitting athletes' nominations for carnivals

**Uniforms Officer** - coordinates purchases and sale of centre uniforms

**Records Officer(s)** - keeps master records of athlete weekly performances

**Program Officer** - coordinates weekly program and rotation

**Canteen Co-ordinator** - manages canteen operation

**Team Managers** - looks after athletes at carnivals

**General Members** - no official position but assists where necessary and a good way to get involved.

## **1.15 To the Parents**

### **1.15.1 Common parent concerns:**

**"My child has just joined Little Athletics and he/she's worried about not being as technically skilled in some events as the other athletes".**

This situation can commonly occur in the field events, where various levels of techniques can be used and the more difficult technique usually gets the best performance. All children can feel uneasy here. We try to emphasise that the individual effort and goals are what each competitor should strive for. Some of the skills can take years to master properly. Encourage your child to watch the basic movements of the better athletes.

**"It's a bit rainy looking - I wonder if Little Athletics will be on"**

We have developed a simplified program for wet weather, where the competition is safe but still damp. Competition will cease if it is pouring with rain or lightning is around.

**"We've missed a few weeks - maybe our children have fallen too far behind the rest of the athletes to go back"**

It only takes a few minutes for most children to feel comfortable again. They should try to concentrate on their own personal levels and not dwell on those of other athletes.

### **"I've forgotten what someone said about such-and-such"**

Most committee members know generally what's going on and how to do things. Just approach them. They were first timers once too.

## **1.15.2 Things we'd like the parents to remember**

- Smile when helping on roster - it helps everyone (you included) enjoy the event better
- Make new friends
- Compliment your child when they've put in a good effort
- Nominate early for other carnivals - closing dates are often final and can easily slip by
- Try to get your child to understand that poor behaviour from them ruins the event for everyone else as well
- Encourage your child when competing at other carnivals to have a go in all events available to them. It only costs a little more, the day passes quicker, and personal bests are regularly attained
- Aim to be at carnivals well before their event is scheduled. Approximately 1 hour prior
- Place names on removable clothing items, especially hats and water bottles
- Check Facebook, website and listen to announcements each week for news and upcoming competitions

## **16. To the Children**

### **16.1. Common Child Concerns**

#### **"I can't throw or jump as well as some of the other children in my age group - it's hopeless trying to match them"**

Some of the events do require skills which may take a lot of time, practise and effort to perform well. Children should try to be patient and steadily improve their own performance levels, and not so much on purely beating someone else's. Try and learn from the better athletes.

### **16.2. Things we'd like the children to remember:**

- Respect all other athletes' performances - whether excellent or average
- Make new friends
- Competition at other Centres or meetings can bring out personal bests and can create new friendships
- Watch the technique of the better athletes and learn from them
- Listen to the coaches who offer help on technique correction
- Be a good sport at all times
- Don't make excuses when someone outperforms you
- Treat the helping parents with respect and courtesy - without them your night may be ruined

## **2. SPECIAL COMPETITIONS**

There are other competitions during the season which athletes can compete in for a moderate cost per event or per athlete. Participation is *not* compulsory at any; however, we may have to ask individually for participation at Regional Relay Championships to fill our teams (otherwise the rest of the team cannot compete).

### **2.1. Regional Carnivals U7 – U17 Athletes**

There are two large carnivals where our Centre competes against the other seven centres in our region (the LAQ Metropolitan North Region) - the Regional Relay Championships and the two-day Regional Championships.

#### **2.1.1. Regional Relay Championships (November) U7 – U17 Athletes**

This carnival is the only meeting where athletes compete in teams. Each team consists of either 4 athletes for track events or unlimited athletes for field events. The team result is the combination of all members of that team. Those teams in the U9-U17 age groups finishing 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> qualify to compete at State Relay Championships held at the QSAC track, Nathan, Brisbane where the equivalent successful teams from the other State Regions compete together. The events involved are:



- Track: 4x70m, 4x100m, 4xMedley/Swedish - depending upon age group
- Field: Discus, Shot Put, Long Jump, High Jump.

### 2.1.2. Regional Individual Championships (January/February) U7 – U17 Athletes

This meeting is where competitors can choose up to five events (four for U7 & U8) to compete in and individual performances are recorded. All available events are open for entry. Competitors in the U9-U17 age groups finishing 1, 2, 3 and 4 (or reach the State Qualifying level) qualify to compete at the State Championships held at QSAC, Nathan, Brisbane (or North Queensland every four years) track, where the equivalent successful athletes from the other State Regions compete together.

### 2.2. Other Carnivals

Special days are held throughout the season for specific age groups to compete in nominated events against similarly aged athletes from the other Centres. There is no qualifying standard entry for these carnivals, just a submitted nomination with payment. A multi-event meeting (Tetrathlon) is included. Throughout the season various centres hold their own carnivals. Carnival entry is available through Results HQ.

Athletes who compete at recognised LAQ meetings, for Bracken Ridge Little Athletics Centre (in Centre uniform) can present their performances to the Centre Records Officer for inclusion on their personal record sheet. These will be taken into consideration when assessing levels for trophies. Centre Best Performances cannot be set at other carnivals. Relay days are not included as they are team events. National, International & School competition results are not considered.

## 3. PERFORMANCE LEVELS

The U7 – U17 athletes are eligible to receive a trophy at the end of the season, based on their own personal performances throughout the season. Rather than emphasise winning, we prefer to reward striving for accepted performance standards. All Tiny Tots and U6 athletes are eligible to receive a participation trophy.

At Bracken Ridge we recognise five graded levels of performance:

|              |                                                                                                                                                                                                                                                                                                                                     |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>GREY</b>  | represents participation with only a moderate level of athleticism                                                                                                                                                                                                                                                                  |
| <b>GREEN</b> | represents a standard that can be achieved by about 80% of athletes                                                                                                                                                                                                                                                                 |
| <b>RED</b>   | a good standard of performance attained by about 50-60% of athletes                                                                                                                                                                                                                                                                 |
| <b>BLUE</b>  | a level that is achieved by about 15-20% of athletes and is a very good standard                                                                                                                                                                                                                                                    |
| <b>GOLD</b>  | a level set at exactly halfway between the blue level and the Australian Little Athletics record for the event (this is an excellent standard indeed achieved by top 5% of athletes) – U9 to U17 only. The Gold performance must be achieved twice but cannot be performed in the same event at the same carnival e.g. heat & final |

Little Athletics Queensland issues boys (blue) and girls (pink) green/red/blue McDonald's performance levels chart for U7 – U17 age groups in all standard events. The applicable one is issued to all children at the beginning of the season. Each event has its own graded levels of performance, so a child could, say, be at different levels in different events (this is the most common case).

Athletes and parents can monitor their current level and as a means of determining which events could be improved to attain a higher achievement level, by checking on ResultsHQ.

## 4. TROPHIES

### 4.1. Eligibility

At the end of each season, we hold a trophy presentation. **All eligible athletes will receive a trophy**, coloured and sized based upon a season performance assessment.

**(To be eligible an athlete must attend a minimum of 60% of Centre weekly meets both before and after the mid-season break, excepting sickness, injury and family holidays.) Parents must also meet their roster requirements for their child's trophy eligibility (see page 4, section 1.8.4)**

## 4.2. Size and Colour

The performance assessment works as follows:

- the 'colour' of the trophy is determined using the McDonald's cards. To attain that colour the athlete must have achieved that level twice in that event.
- the 'size' of the trophy is determined by the number of events in which the athlete has twice exceeded the above colour performance level - a small trophy for the minimum two events and a large trophy for five events

**Example 1** - if the athlete has bettered red level in only one event but has done it five times, with all other performances of green level, then the trophy level is 'large green' because the red level was not attained in two events and green level was achieved in five events

**Example 2** - if the athlete has bettered red level in two events but only twice in each event, with all other performances of green level, then the trophy level is 'small red'

**Example 3** - if the athlete has bettered blue level in one event twice, red level in only one event five times, with all other performances of green level, then the trophy level is 'small red' because the red level was exceeded in two events

**Example 4** – if the athlete has bettered gold level in one event twice, blue level in three events five times, then the trophy level is 'small blue' and the additional gold level trophy is awarded

**Example 5** – if the athlete has not bettered green level twice in two events, then the trophy level is 'small grey' (there is only one grey size).

## 4.3 Other Awards

### Good Sport Awards

- Presented to athletes frequently
- Athletes must demonstrate good sportsmanship

### U6 Encouragement Stickers

- Awarded to U6 participants

### Most Personal Best Performances

- Athletes who have achieved the most Personal Best Performances throughout the whole season in the U7 - U17 age groups receive a medallion at the end of the season.
- The athlete who has achieved the most Personal Best Performances overall from all U7 – U17 age groups receives a small trophy, and their name engraved on the perpetual trophy.
- Athletes must have 60% attendance or better at Centre meets.

### Most Track Personal Best Performances

- Athletes who have achieved the most Track Personal Best Performances overall throughout the whole season in the U9 - U17 age groups receive a trophy at the end of the season and their name engraved on the perpetual trophy.
- Athletes must have 60% attendance or better at Centre meets.

### Chris Waterson Award

- Athletes from the U12 – U17 age groups are eligible for this award
- The Chris Waterson Award was introduced in honour of Christine Waterson who passed away in May 1997 after a long battle with cancer.
- In consultation with Chris' family, it was decided that the recipient of this award should reflect the type of athlete that Chris herself would have liked to see rewarded, and the following criteria was decided on:
  - a) The recipient should be an athlete who would otherwise usually receive little recognition for their efforts.
  - b) They should be polite towards all officials and other athletes.
  - c) They should be keen to participate in all events.
  - d) They should have a good attendance record.
  - e) They will have been a Centre member for more than one season.

Committee members are asked to nominate eligible athletes, and the recipient is decided by secret ballot and known only to the trophy committee until presentation.

### **Darryl Dixon Encouragement Award**

- Chosen from the U9 Boys & U9 Girls age group.
- Athletes who have shown many improvements in their performances throughout the season.
- Athletes who have shown good sportsmanship in many situations.
- Athletes who strive to do their best at all times.
- Athletes who may not have otherwise been recognized.
- Athletes who have a good attendance record at Centre competitions.

### **Centre Best Performance Awards**

- Athletes from the U9 – U17 age groups are able to set a new Centre Best Performance.

### **Tetrathlon Medallions**

- All athletes in the U9 – U17 age groups who participate in the Tetrathlon night, receive a medallion.
- All athletes in the U6 – U8 age groups who participate on the night, receive a participation medallion.

### **Parent Appreciation Award**

- Parents who complete over and above their required roster.
- Demonstrate fair decision making in all circumstances.
- Follow the Little Athletics philosophy of Family, Fun & Fitness

## **5 ALCOHOL POLICY**

Little Athletics Queensland has a zero tolerance on the consumption of alcohol during any sanctioned event. There will be no sale or consumption of alcohol during the conduct of any Little Athletics activity.

The Little Athletics Queensland Board of Directors shall deem the consumption of alcohol during competitions or activities a breach of the LAQ Code of Conduct and is subjected to disciplinary action.

Where alcohol is consumed at a Little Athletics function, the following measures will be taken:

- Alcohol will not be served to minors
- Alcohol will not be served to any person who is intoxicated
- Low alcohol and non-alcoholic drinks will be available
- Food options will be available when alcohol is served
- Persons who have been drinking will be encouraged to use safe transport options

## **6. ANIMAL/PET POLICY**

Bracken Ridge Little Athletics Centre requests that **NO animals/pets** are to be brought to the Centre immediately before, during or immediately after Centre Competition and designated training nights. The Centre area includes all track, field and grass areas inside of and up to the timber bollards that surround the facility. The **ONLY** exception to this request is if the animal and/or pet are a specified 'Service' animal.

## **7. EVACUATION PLAN**

### **Emergency Evacuation Plan Summary**

In the event of a major incident the Centre Manager or Committee member are to be informed immediately of the danger.

### **FIRE**

- In the event of a FIRE all Athletes, Officials and Spectators are to assemble on the top oval cricket pitch Western side of McPherson Park and await further instruction from the Centre Manager, Committee member or Emergency Services.
- Centre Manager or Committee member will contact and coordinate with Emergency Services.

#### **EXTREME THREAT**

- In the event of an EXTREME THREAT (e.g. severe thunderstorm, hostile person(s) attack) all Athletes, Officials and Spectators are to evacuate the event area and make their way to the area closest to the clubhouse.
- Centre Manager or Committee member will contact and coordinate with Emergency Services.

Due to the evolving nature of Emergencies, all Athletes, Officials and Spectators will be required to follow any direction of Centre Manager or Committee member in order to maximise the safest possible outcome.

**Dial 000 for immediate response from Emergency Services**

**Sandgate Police: 3631 7000**

**Sandgate Fire Station: 3869 0473**

## **BE SAFE BE RESPECTFUL**

### **8. CODES OF CONDUCT**

#### **ATHLETE**

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up to the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

#### **COACH**

- Actively discourage foul play and/or unsportsmanlike behaviour by athletes.
- Seek to maximise the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.

- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.
- Ensure that your coaching reflects the level of the competition being involved with and don't be a 'winner at all costs' coach.
- As coach, always conduct yourself, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

## **OFFICIAL**

- Be impartial! Also, be consistent, objective and courteous.
- Place the safety and welfare of the athletes above all else. Be alert to minimise dangerous physical play, fair or foul, especially during competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal conflict with coaches, team officials, parents and spectators during competition.
- Avoid any situation which may lead to a conflict of interest, both on and off the field.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.
- Show concern and caution towards sick and injured athletes.
- Officiate to the age and/or experience of the athletes.

## **PARENT / SPECTATOR**

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Do not engage in unsportsmanlike language, harassment or aggressive behaviour.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting. Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Competition Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol or drugs. Never bring alcohol or drugs to a Little Athletics competition or training.

## **VIDEOS AND IMAGES**

Most people taking images of children at Little Athletics are doing so for acceptable reasons and are using appropriate methods, for example, a parent or guardian videoing or taking images of **their own child** at a Little Athletics event. The approved Centre photographer or a professional photographer may also be taking photos for the Centre.

Before taking photos of other athletes, you must:

- Obtain permission from the child's parent/guardian prior to taking the images of a child or young person.
- Ensure that all concerned are aware of the way in which the image is to be used and how long the image will be displayed.
- If images are to be used for coaching purposes, the coach **MUST** inform any athlete and parent(s) if the coach wants to video the athlete as a tool to analyse and improve performance.

**\*Please inform the Centre Manager if you do not want video footage or images taken of your athlete/s.**

Volunteering is  
a work of heart

