

CLUB DEVELOPMENT & SUPPORT UPDATE

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

Here's a summary of what we've been up to so far since the sport went into lockdown, and some examples of the great work clubs and running groups have been doing.

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Club Development and Club Support

#SupportYourClub

It has been fantastic to see the range of activities that many clubs have been undertaking finding new ways to support their members and the wider public during this time and we have highlighted these with the #SupportYourClub campaign. In addition, there are a number of virtual events taking place to keep your members active during this difficult climate (please see additional information provided below in the 'competitions' section).

The sport of athletics is so important to so many people and the way we have responded has been amazing. Rather than isolate, it has brought people together (albeit virtually!). If you have something to share with us or any other good news story from what has been happening, please do not hesitate to get in touch with us: media@welshathletics.org in addition use the hashtag #SupportYourClub to see what activities have already taken place across Wales.

Club Affiliation

The club affiliation year opened on 1st April and a number of clubs have fully completed the process. If you are a club officer and you have not yet re-affiliated your club to Welsh Athletics for 2020-21 it is essential that you do so as soon as possible. Club Affiliation is a two-part process which includes:

- Completing/updating the Club Affiliation section via the [Welsh Athletics Clubs Portal](#)
- Pay the affiliation fee of £75 via the Club Secretaries Portal and settle all balances by paying either online or over the phone (via the Welsh Athletics office T: 02920644870)

If you have any questions on how to re-affiliate your club please contact [Hannah Pretty](#) or [Jacqueline Brace](#).

Club Membership

We know this is an uncertain and strange time for many clubs and members, and we are working hard to ensure that we offer as much support to our whole community as possible.

There is also plenty of resources and content being put together daily for our community to access for free, ranging from online coaching learning, to ideas around how to keep active at home. Check out all the resources available [here](#).

Club Development

We recognise that this may be an opportunity for clubs to get together (virtually) and plan for the future and what the club will do when the imposed restrictions are lifted. How is your club going to evolve adapt to a potential new way of operating?? There are a number of ways and platforms which can be utilized to enable you to meet virtually. See: [Apps and tools to help run your club during the Coronavirus crisis](#)

It may also be an opportunity to start some Club Development or Club Planning and/or reviewing club policies, procedures, etc. There are a range of resources that are on hand to support you with these processes on the [Welsh Athletics Clubs Portal](#)

Did you know... that the Welsh Athletics Clubs Portal has over 40 online videos and online training courses to support both you and your club with its development. These videos cover some of the key areas for clubs to address including; Club Governance, Legal Status, Marketing, Paying for Services and Tax.

To access the portal you will need to be an officer of the club and have your club USER ID and PASSWORD (this can be obtained via your club Secretary or Chairperson. If you have any questions relating to the Clubs Portal please contact (E: clubportal@welshathletics.org)

Club Support Webinars Updated 16.06.20

The series of 3 club support webinars held over the last month, received positive feedback from attendees and offered support to our clubs and groups on how to deal with the challenges we are facing because of the coronavirus pandemic.

Due to the success of these webinars we are in the process of producing some more club specific webinars that will be available for our affiliated clubs and groups to join.

- **Building a Positive Nutrition Culture in Your Training Environment – Monday 13th July 7-8pm**

Audience: Coaches, Athletes, Parents.

The key objectives of the session are:

- To discuss why nutrition matters for athlete health and performance
- To understand the behaviour which supports nutrition choices
- To explore how the training environment can support optimal nutrition choices including practical examples

[Register for this free webinar here.](#)

- **Physical Literacy and Athlete Development – Tuesday 21st July 7-8pm**

Audience: Coaches, primary school teachers, parents.

Objectives: To explore the fundamental movements in athletics and how these prepare the child and young athlete for sport. This webinar will look at practical ways to introduce fundamental skills in your delivery, for both young children and how to implement these for older athletes who may need to re-learn skills post puberty or injury.

[Register for this free webinar here.](#)

- **The Benefits of Going Cashless – Tuesday 28th July 7-8pm**

Audience: Club Officials, Club Treasurers, chairpersons, members of club committees

Objectives: To explore the benefits to your club of going cashless and to look at the technical applications that can help with this.

[Register for this webinar here](#)

- **Club Development Planning – Tuesday 11th August 7-8pm**

Audience: Members of club committees, club officials, those guiding their club with planning.

Objectives: To look at where to start in your planning, and how to identify the priorities. To explore the tools and templates that are available to support with your successful development planning.

[Register for this free webinar here.](#)

- **#SupportYourClub Showcase Event – Tuesday 18th August 7-8pm**

Audience: Members of club committees, club officials, club members.

Objective: This webinar will be a celebratory webinar highlighting some of the great work being done by clubs across the country. It will give listeners the opportunity to gain ideas and to ask questions via a panel session with key people within clubs that have really excelled with their creativity of keeping members engaged during lockdown.

Information on how to register for this webinar will be released shortly, alternatively you can register your interest by emailing [Hannah Pretty](#).

Keep an eye on our website and social media channels for more registration information and webinars as they are released.

You can also view more of our webinars covering a range of coaching topics [here](#) and catch up on any that you've missed on our [Youtube Channel](#).

Virtual Competition updated 16.06.20

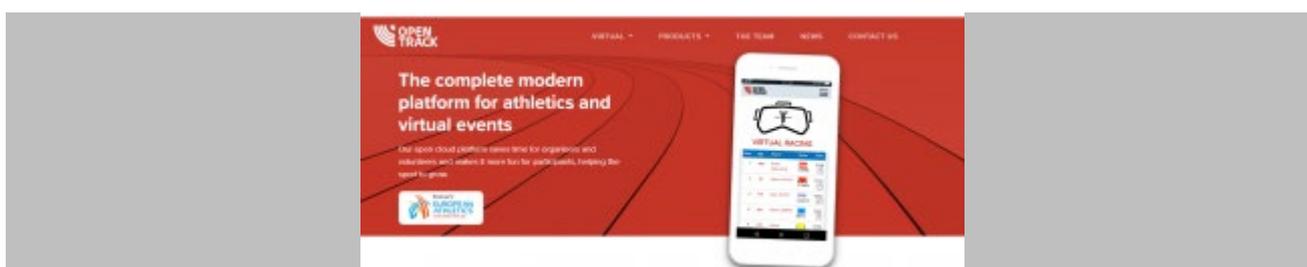
We know how important competition is for athletes and clubs alike – and we know that you are missing it! We have worked hard to try to ensure that clubs have the support and tools they need to

keep engaging their members and, along with the Home Countries, we have developed a new virtual racing partnership with OpenTrack. Through the partnership all Welsh Athletics affiliated clubs and Run Wales groups and their runners are now able to use the OpenTrack platform, free of charge, to create virtual running competitions and challenges.

The platform offers:

- Instantaneous scoring across a range of formats enabling inter-club and league competition
- Ability to specify a 'racing window'
- Submit results easily with one copy/paste from Garmin or Strava
- Charitable donation options on any race / event

Further information and all the essential links can be found [here](#)



Virtual Track & Field Competition Launches Updated 16.06.20

As part of the support offer to our member clubs during this time, we are delighted to announce that an extension to the virtual offering has been developed in conjunction with OpenTrack and the other Home Nations. We are now able to offer a Sportshall at Home virtual competition format free of charge to our clubs which provides an opportunity for competition in basic athletic skills predominantly in a multi-event format.

The platform will offer automated calculation of combined scores based on the SportsHall scoring system and will give the opportunity for competition at home both within clubs and between clubs.

We are delighted that Rhymney Valley AC will be piloting this system in Wales over the weekend of 27th – 28th June with both a Triathlon at home and Pentathlon at home.

The team are also working on creating a school's virtual track and field competition too, (primary & secondary schools) in order to support schools across Wales with their athletics delivery when schools re-open on 29th June. More information will be released on this shortly. If you would like to register your school's interest in taking part please contact Hannah Pretty (Hannah.pretty@welshathletics.org).

For more information on setting up a Sportshall at home competition for your club visit here: https://data.opentrack.run/en-gb/x/2020/GBR/t_sportshall/

With many events looking to advertise new dates as a result of the coronavirus pandemic, Welsh Athletics would like to take the opportunity to remind members of the benefits of entering a UKA licenced event.

- **What are the benefits of running in a UKA licenced event?**

If an event is licensed through UK Athletics (for road races, this is via runbritain) it means that it is covered by the appropriate licensing conditions and that performances are eligible for ranking purposes. Results will appear on runbritain / Power of 10 rankings.

It also guarantees that the event has been organised to a set of high standards.

- **How do I know if an event is licenced by UKA?**

If an event is licensed by UKA, the organisers will display the license number on the event information. The event will also be listed as part of the runbritain online calendar. If you cannot find a license number, contact the event organiser who will be able to provide details of it to you.

- **Can I enter a non-UKA licenced event?**

There is no rule stipulating that members cannot enter a non-UKA licensed event however, we would encourage members to ensure that any event they enter is licensed via UKA and runbritain, as this guarantees a certain level of organisation and safety standards.

- **Will I still get my results and will they stand?**

Results will be issued by the event organiser and/or displayed by the timing company. Your results will only count towards Power of 10 / runbritain rankings if the event is UKA licensed.

Funding and Support

Sport Wales have released details of the sport Emergency Relief Fund. This fund will support eligible clubs up to a maximum of £5000 and has already received a number of applications from Welsh Athletics affiliated clubs. Further details can be found [here](#).

The [Sport Wales Club Solutions](#) site is packed with ideas and support signposting including a feature on; [Grants, loans and support to help sports organisations during Coronavirus pandemic](#) and [Apps and tools to help run your club during the Coronavirus crisis](#)

In addition, [Sport Wales](#) are also supporting people to #BEACTIVE and have a range of advice and quality support resources which can be found [here](#).

Sport Wales has reallocated budgets to create a fund to help support clubs and not-for-profit organisations to protect their sport offer during the pandemic, and to prepare for their reopening. Preparing a sports club or project for restarting means adapting the offer to retain and attract interest in the club during the pandemic and in the aftermath. The new grant fund will be called the Be Active Wales Fund and will be critical in supporting grassroots sport to survive the lockdown and thrive beyond the pandemic. Details of how to apply for this fund will be released over the coming weeks and we would encourage all affiliated clubs to look at this as a source of support to get back up and running safely.

Starting Blocs



Welsh Athletics has released the new physical literacy programme for children aged 4-11. Starting Blocs is a fun, exciting program to introduce children to the sport of athletics and will teach key movement skills in a fun and progressive way allowing for maximum involvement and maximum fun!

We have adapted the game cards and challenges to fit the current government restrictions so that athletics activities can be done safely at home.

Further information on the programme, the 'challenges', details of how to get involved and to access the support resources can be found [here](#) or via the [Starting Blocs](#) website and updates will be posted on the [Starting Blocs Facebook page](#). Blocky even has his very own [twitter account!](#)

Coaches and Run Leaders Updated 16.06.20

During the suspension period, we have been collating all of the guidance, resources and coaching content on the [dedicated coaching page](#) providing a one-stop shop for you to check in on regularly.

Earlier this month, Welsh Athletics announced the launch of the brand new online Coaching Resource Library available through the [Athletics Hub](#) platform. In addition, working with England Athletics we were able to provide [Free access to Athletics 365 resources for Coaches](#) including (Run Leaders, Coaching Assistants and Coaches of all levels), this is a great resource to help with, games, tips and ideas as well as supporting athlete development aligned to best practice.

For a limited time, UK Coaching is promoting [FREE access to 10 pieces of content](#) from their Learning and Development Platform and also a reminder that on top of all this, our very own Welsh Athletics existing bank of resources is also [still available here](#)

We have been talking to a number of experienced coaches across Wales to create a 'Coach Insight Series' you can view all of these videos on our youtube channel. The last two months have seen numerous insightful webinars delivered by people across our coaching community, to view what's coming up this month [click here](#) or to catch up on previous webinars via our Youtube Channel [click here](#).

Officials updated 16.06.20

The officials e-newsletter has been going out weekly packed with new, engaging content and updates for this amazing group of athletics enthusiasts. There is also a Welsh Athletics Officials Facebook group allowing people to chat and interact on a regular basis – not yet signed up? Why not jump onto Facebook and request to join this group?

Welsh Athletics have also been celebrating the stories of our officials, exploring how they got in to officiating and some of their favourite memories of being an official. You can check these out [here](#).

We have also seen some great activities including crosswords, photo flashbacks and quizzes to kind mind active. The [Staying Active page of the Welsh Athletics website](#) holds all of this information including webinar links to keep broadening knowledge about officiating across the sport. [Webinar - Role of a field referee](#) Delivered by John Driscoll. [Webinar - Officiating Off-Track Endurance events from Grass Roots to Championships](#). Delivered by Arwel Williams & Graham Heeley. As well as a series of videos to help educate and reinforce learning [3 items inside the EDM box](#) delivered by Bob Hammond. **Assembling the EDM parts:** Video 1 - [Setting up and placement of the machine](#) Video 2 - [EDM Powering up and programming](#) Video 3 - [Tips & Tricks](#). Webinar - [Gadgets & Gizmos within T&F officiating \(Part 1\)](#). Delivered by Steve Marshall.

[SUBSCRIBE](#) to the Welsh Athletics Officials e-newsletter, to stay up to date on latest news, training, development opportunities.

Contacts and Communications

Although some staff have been furloughed the office number (T: 02920644870) is very much still active. A list of staff that have currently been furloughed, along with alternative contact details for enquiries can be found below. Please note that all enquiries will be dealt with, however there may be a slight delay in some cases.

Furloughed staff member	Department area	New point of contact during this period
Sarah Powell	Run Wales Social Running Programme	Gareth Hall – 07864 969631 – gareth.hall@runwales.org.uk
Eva Brewer		
Sharon Leech		
Barry Edwards	Regional Development Officers	Chris Moss – 07813 605785 – chris.moss@welshathletics.org / Jacqueline Brace – 07773 468395 – jacqueline.brace@welshathletics.org
Tom Cole		
Andrew Jenkins		
Eva Brewer		
Steve Jones (Welsh Schools Support Officer)		
Tom Marley	Coach Education	Zoe Holloway – 02920 649849 – zoe.holloway@welshathletics.org / Zoe Brown – 07548 160018 – zoe.brown@welshathletics.org
Darran Williams	Competition	Rhiannon Linington Payne – 07960 995780 – rhiannon@welshathletics.org

We are posting regular updates on the [Welsh Athletics website](#) so please keep visiting regularly and checking for additional information. On the site, we are providing updates and key information on a regular basis to keep you updated throughout this period including a dedicated [Stay Home Stay Involved](#) section to keep you informed of all developments including the [Welsh Athletics COVID-19 FAQ's](#) which are these are updated each Monday.

Like so many of you we are still very active across all of the social media channels. Please also continue to stay touch with Welsh Athletics across the social media platforms;

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [YouTube](#)

Safeguarding, Welfare and Mental Health Updated 16.06.20

The Welsh Athletics Compliance Officer, Steve Jones, has been in contact with all clubs and Club Welfare Officers, of offer support and guidance throughout this time. If you do have any concerns of would like additional information, please contact Steve Jones directly on steve.jones@ws-aa.org

Below is a series of links to welfare and safeguarding resources that may be of help and interest during this time.

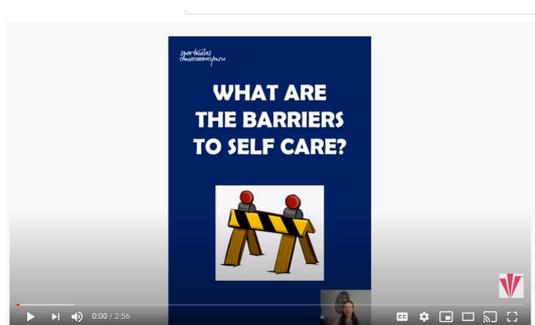
- The Child Protection in Sport Unit (CPSU) have produced specific guidance relating to virtual coaching, this can be found [here](#).
- Many of you will have seen reports that Childline is receiving and increased number of calls during this period. Here is the [NSPCC media release](#) in addition the NSPCC has collated all of the information relevant at this time on the [NSPCC Corona Virus Hub](#), this includes some really good information for parents.
- Some great additional sources of help and information for children can be found at [Young Minds](#) and [Emerging Minds](#)
- And finally, don't forget your own mental health there are some fantastic support resources released by both [Mind](#) and the [Mental Health Foundation](#) which highlight the importance of maintaining mental health through this time and some of the support available.
- Finally, for Adult Safeguarding guidance please see the link to the [Safeguarding Adults in Sport Framework](#) from the Ann Craft Trust.
- Welsh Athletics have also released a 'Self Care' series, delivered by Sarah Carvell Sport Psychologist at Sport Wales, these video's offer support on how to look after your mental wellbeing. These can be accessed via our Youtube channel and by clicking on the images below:



Self Care 1 - Bitesize Basics



Self Care 2 – How to Practice Self Care



Self Care 3 – Challenges to Self Care



Self Care 4 – Resources to Help You

Run Wales

The [Run Wales website](#) is regularly updated, so please keep visiting and checking for additional information. There has been a series of activities taking place since the government restrictions have been in place and at the start of April Run Wales published [Running Guidance in Time of COVID](#) to provide initial guidance to our family of runners. We have been following some great activities taking place across clubs and groups through our [‘Resilient Runners’](#) series featured on the [‘News’](#) section of the site.

For Run Leaders there is a dedicated Leader in Running Fitness Facebook Group which sees members share ideas and interact regarding all things running! The start of the month also saw the release of the [Run Wales 30 Day Run Leader Challenge](#) – the downloadable chart challenges all of our fantastic Run Leaders to hone their skills, to help and support others and hopefully learn some new things along the way. In addition we have worked alongside England Athletics to bring all qualified Run Leaders free access to the [Athletics 365 App](#).

The Run Wales Newsletter is also providing updates if you have not yet subscribed to the newsletter, this can be done by contacting [Gareth Hall](#) the Run Wales Programme Manager.

Finally, as with Welsh Athletics the Run Wales ‘socials’ are still very much active and a great place to stay in touch with activities and developments. Please also continue to stay touch with Run Wales on our social media platforms:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)



Lifting Athletics out of Lockdown Roadmap added 19.06.20

On 29th May, Welsh Athletics published version one of our roadmap for [Lifting Athletics out of Lockdown](#) mapped against the 4 phases of the [Welsh Government's unlocking Our Society and Economy plan](#) - Black, Red, Amber & Green. On 19th June, we have published the first set of detailed guidance documents to accompany our Lifting athletics out of lockdown roadmap. Please take time to [read the guidance](#) and plan carefully how you will implement it to ensure the safety of all in our sport.

This guidance will be evolving as Government guidance and restrictions change, and as learning about the COVID19 virus continues, so please keep checking to ensure you are following the latest versions.

You can view the latest guidance for clubs, facilities, coaches and running groups [here](#).

Volunteering updated 16.06.20

Volunteers are instrumental throughout our sport and the sport of athletics could not function without them, on a global, national or local scale. Along with clubs and running groups across Wales, Welsh Athletics celebrated the work done by volunteers in a specially dedicated week at the beginning of June, National Volunteers Week.

If you've been inspired to recruit new volunteers for your club or have people within your club that volunteer regularly, check out our [Volunteers Resource Pack for Clubs](#) for some useful hints and tips on engaging with your volunteer workforce.

Sport Wales also has a free e-module on volunteering in sport:

