



### Guidance for Parents and Juniors.

Junior Running activities for Sittingbourne Striders Juniors will take place at Sittingbourne School where a designated field will be used.

As a school site it provides an ideal site for junior running with only a single gated entrance for cars to enter and leave the top area which the club will use.

The following procedures will help all juniors to experience a safe and fun environment.

#### Arrival and Parking:

- Can participants please arrive 15 mins before the start to allow time to register and walk to the top field to receive the pre briefing.
- There is ample parking at Sittingbourne School. (See directions and maps)
- The school grounds are open to other clubs during the evening and there may be occasions where football teams are training on the lower fields in between the meeting point and the top field where the juniors will run. If this is the case Juniors will need to walk around the outside of the pitches with the club helpers to get to the top training field. We will inform parents pre arrival when this situation occurs.

#### Registration

- All juniors will be registered at the meeting point (under the shelter) where a helper will confirm their attendance and make sure we have up to date parents contact details (mobile numbers)
- Juniors will then walk to the top field for the start of the activity session.

#### Safety

- All parents are welcome to stay at the meeting point during the session and/or help out if they wish ( we are always open for more helpers!)
- Parents of children 10 and under will need to remain onsite during the activity session.
- Parents of children 11 and above can choose to drop children and pick up but need to be contactable / within easy travel to the school in case of accidents and/or if the weather changes and the running activity needs to be stopped.
- Parents / siblings staying should remain in the bottom field/ under the shelter and be contactable at any time during the session.
- Pet dogs are not allowed on the school site.
- Juniors / siblings should not ride bikes on the site (unless the coaches have requested juniors to bring bikes) and no ball games / footballs should be used near the runners.
- We would ask that all juniors arrive with suitable trainers. The running will all be on grass and at times maybe slippery and therefore any trainers should have a reasonable grip on the sole for running on grass. Spikes are also allowed but please ensure you have received advice on the right size spikes beforehand. Any junior wearing spikes should always warm up in trainers first and limit the amount of time/ distance the spikes are used in training.



**Catering / Toilets**

- There will be no on-site catering open during the running sessions. All juniors taking part should bring a suitable drink with them (no fizzy drinks please!)
- Parents can bring their own food and drink but please take all rubbish home after the session.
- There are toilet facilities at the bottom of the school for both juniors and parents. However, the school grounds are relatively large site, and the toilets are a 5-10 min walk from the running field. If a junior member taking part in running needs to use the toilets during the session one of the helpers will ask any parent present to supervise the child to and from the toilets or if not present two adult helpers will chaperone the child to and from the toilets.

Venue:	The Sittingbourne School		
Address: (Include postcode)	Swanstreet Ave Sittingbourne ME10 4NL	Venue Contact Name & Contact Details:	Venue is closed during session other than allowing access to site and toilets.  <b>Outside of sessions:</b> Reception 01795472449  <b>During Sessions</b> Gweneth (Lynne) Hacon 07932718637 Steve Fisher 07496242166

**Appendix**

**A Site Map and Running Field Location**

