**Policy for U18s\* attending Senior Club training sessions**

The following sessions are ones which U18s **MAY** be permitted to attend subject to the relevant coach fulfilling certain obligations and requirements (set out below) and subject to parental consent forms being completed and a register of all U18s being kept:

Monday night – Neil Chapman’s circuit session (indoors)

Tuesday night – general club runs\*

Wednesday night – Pete Shield’s track session

Thursday night – Neil Chapman’s speed/hill training off-road session

Thursday night – Jane Bryant’s speedwork session

\*a parent must in attendance to confirm group choice

The following sessions were identified as being ones which U18s should **NOT** be permitted to attend:

Both Saturday morning club runs (7.45 am/9.15 am meeting at the old bridge)

The obligations/requirements that must be fulfilled by the coaches at the permitted sessions are as follows:

1. A parental consent form **must** have been completed and returned to the membership secretary.
2. A register of attendees should be taken by the coach and kept.
3. A general risk assessment for the session should be made and kept on file and be available during the session
4. An accident/incident form should be kept on file and be available at the session and completed in the eventuality of an incident/accident. Any completed forms should be kept on permanent file. A brief email should be sent to the Welfare Officer it of any incident or accidents. The committee will include Accidents/Incidents as a permanent agenda item at its monthly meetings.