



LITTLE ATHLETICS N.S.W



SAFETY PLAN

Little Athletics Association of NSW Inc.
November 2007



CONTENTS

Introduction	2
Alcohol	2
Asthma	3
Blood Guidelines	4
Coaches & Officials	4
Codes of Behaviour	5
Dealing with Emergencies	5
Drugs	7
Duty of Care	7
Events, Facilities & Equipment	8
Food & Canteens	10
First Aiders/Sports Trainers	10
First Aid Kits	11
Growth Related Injuries	12
Heat & Hydration	13
Illness & Participation	13
Injury Management	14
Injury Records	14
Injury Referral	15
Insurance	15
Lightning	16
Manual Handling	16
Occupational Health & Safety	16
Personal Protection & Intervention	17
Pregnancy	17
Privacy	17
Safety Coordinator	18
Sexual Harrassment	18
Skill Levels	19
Smoking	19
Supervision	19
Sport Rage	20
Sun Safety	20
Training & Competition for Little Athletes	21
Use of Images	24
Warming Up & Cooling Down	24

INTRODUCTION

Little Athletics should be safe and enjoyable. It will never be totally risk-free, but we can provide a healthier and safer environment with good planning. Safety planning and implementation in Little Athletics is not difficult, and is mostly common sense. Sports safety planning and management can help to prevent or reduce risks of participation in Little Athletics.

Little Athletics NSW recognises its responsibility to provide a safe environment for athletes, officials, volunteers, staff and spectators, not only to reduce the potential risks, but also to meet legal duties of care.

This Little Athletics NSW Safety Plan provides a framework for those who have a duty of care to our Little Athletes. It has been designed to assist all Centre committees, coaches, officials and volunteers in the development and provision of a safe and healthy environment in which young people can participate in Little Athletics.

The information is presented in the form of easily accessible summaries. Further information on some of the topics can be found by viewing specific policies and guidelines at www.littleathletics.com.au or contacting the Little Athletics NSW office on 02 9633 4511 or 1800 451 295.



ALCOHOL

The Little Athletics Association of NSW 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.

For further information, see the *LAANSW Alcohol Policy*.

ASTHMA

One in five children is affected by asthma. Many of these will find that exercise may sometimes serve as a trigger for their condition. It is for this reason that parents, officials and coaches at Centre level must be able to recognise and adequately respond to an attack.

Exercise-induced asthma typically occurs in running events of 400m or greater. If exercise-induced asthma occurs during coaching or competition:

- The athlete should immediately stop the activity and be helped to rest.
- They should be assisted to take four puffs of their prescribed “reliever” medication (puffer spray) as soon as possible.
- If no improvement has occurred after four minutes, they should repeat this dose and an ambulance should be called.
- The athlete should be assisted to take four puffs every four minutes until an ambulance arrives.
- If the athlete’s condition improves, they should be kept at rest until their skin colour returns to normal. The parents/guardians should be informed of the attack and a medical check with a doctor advised.

Avoidance of exercise-induced asthma can be through the use of a “preventer”. Athletes may sometimes need to take their medication during an event. If this occurs in a track event, they must stop immediately and withdraw from the event.

Rule 1.14 “Use of Asthma Inhalers” in the LAANSW “Rules of Competition” states:

- i) Asthmatics should use their inhalers prior to each event.
- ii) It is advised that inhalers be carried on the person but **MUST NOT** be held in the hand during the running of an event.
- iii) Should an attack of asthma develop during the event, the competitor should:
 - a. Withdraw from the event immediately and may not return to the event.
 - b. Use their medication
 - c. Contact their family doctor as soon as possible and advise that an attack had developed and seek advice.
- iv) Should an attack develop after the race, the competitor should follow steps b and c above.
- v) Use of inhalers is permitted while waiting at field events, but not during a trial.



BLOOD GUIDELINES

In today's society, a blood policy exists in the majority of sports due to a number of blood borne infectious diseases which can be transmitted; the most serious of these include Hepatitis and HIV.

The potential for the spread of infection when contact is made has been widely recognised for many years. As a consequence of heightened public awareness and anxieties, increasing attention has been given to the possible risks of acquiring blood borne disease where spillage of blood may occur.

Little Athletics NSW has developed blood guidelines to protect injured athletes, their competitors and Little Athletics officials.

For more information, see the *LAANSW Blood Guidelines*.



COACHES AND OFFICIALS

Despite recognising that much learning occurs informally through experience, Little Athletics NSW highly recommends that all coaches and officials gain formal accreditation.

The benefits for the coach or official include:

- Increased confidence and competence in coaching or officiating ability.
- An ongoing progressive improvement of knowledge and expertise.
- An improved awareness of safety issues.
- Improved communication skills.
- Improved enjoyment of the sport for both the individual and the athletes they work with.
- Increased status for the coach or official.

All coaches who work in paid employment for the Association in any capacity must hold a minimum Level 1 accreditation and be current financial members of the Australian Track & Field Coaches Association.

CODES OF BEHAVIOUR

Young people involved in sport have the right to participate in a safe and supportive environment.

Little Athletics NSW has developed “Codes of Behaviour” and “Behavioural Guidelines” which have been adapted from the Australian Sport Commission’s Junior Codes of Behaviour.

They aim to give everyone a guide as to what is expected of them if they are part of Little Athletics, be it participating, volunteering or standing on the sideline cheering for their child. The guidelines set down what is an acceptable standard of conduct and behaviour and reflect the principles upon which Little Athletics is based.

For more information, see the *LAANSW Codes of Behaviour and the LAANSW Behavioural Guidelines*.



DEALING WITH EMERGENCIES

The Little Athletics Association of NSW recommends that all Little Athletics Centres have a documented plan for responding to emergencies.

A properly developed emergency response plan will make it more likely that key individuals at a Centre will be able to react with more effectiveness, certainty and confidence in the event of an emergency situation.

Developing an emergency plan involves taking sensible precautions so that you are prepared for:

- Incidents requiring first aid
- Serious injuries
- Other emergencies such as fire, severe storms, etc
- Evacuation
- Media enquiries

First Aid

- A fully equipped first aid kit should be easily accessible to key personnel during all competitions and training sessions.
- The first aid kit should be regularly checked for items that need replacing or items that have reached their expiry date.
- Ice/ice packs should always be available and be easily accessible during all competitions and training sessions.
- Qualified first aid/medical personnel should be present at each competition and training session.
- A procedure should be in place to record each injury and its treatment, and to retain this information. Key personnel must be aware of this procedure.
- Incident reporting forms should be easy to locate and accessible.

Serious Injury

- A documented plan of what steps will be taken in the event of a serious injury should be in place.
- All key personnel should be aware of, and have copies of this plan.
- A phone from which to make emergency calls should always be available.
- Clear ambulance access to a venue should always be ensured.
- All key personnel should be aware of when and how to call an ambulance.
- The names and locations of the nearest emergency medical facilities (e.g. hospital, doctor/ medical centre, dentist) should be posted in a highly visible location and available to all key personnel.
- The emergency contact information for all parents/guardians of members should always be easy to locate and accessible.
- All medical forms collected from members should be easy to locate and accessible.

Other Emergencies

- A response should be considered for any possible emergencies such as fire, a severe storm, power failure (when operating under lights), violence and any other potential issues particular to a venue or location.

Evacuation

- All venues/facilities should have an evacuation plan.
- The evacuation plan should be posted in a highly visible location and available to all key personnel.
- All key personnel should be inducted in the execution of the evacuation plan and their particular role in the plan.
- The evacuation plan should include an evacuation meeting point and a method by which everyone can be accounted for (i.e. a head count).

Media

- All emergency-related media enquiries should be directed to the Little Athletics NSW Chief Executive Officer.

DRUGS

The Little Athletics Association of NSW does not believe that deliberate usage of drugs for the purpose of improving performance is a problem within Little Athletics but we, as a body, must accept that it is a possibility that cannot be ignored. The more likely situation that we face is the non-deliberate usage of banned substances (e.g. ingredients in some cough medicines) by younger athletes.

LAANSW is strongly opposed to the use of any banned substances for the purpose of obtaining advantage in competition, as well as the use of illegal recreation drugs.

For more information, see the *LAANSW Drug Policy*.



DUTY OF CARE

An adult who is charged with the supervision of children in a Little Athletics environment assumes a degree of duty of care. When in this role, they are expected to act with reasonable precaution and care, commensurate with their level of training and experience. They are expected to do everything reasonable and practicable to protect those under their supervision from the risk of harm or injury.

The standard of care expected can vary, depending on:

- The type of activity. i.e. The more risky the activity, the greater the duty of care.
- The age of the athlete. i.e. Generally the younger the participant the greater the duty of care.
- The ability of the participant. i.e. Beginners need greater supervision than more experienced and skilled participants.
- The official's/coach's/age manager's level of training and experience. i.e. The more highly trained and experienced a person is, the greater the standard of care that is expected.



EVENTS, FACILITIES AND EQUIPMENT

A. RULES:

Track and field rules have been designed for two reasons:

- To standardise activities and performances and
- To ensure that the activity is safe for competitors and spectators.

Rules should be clearly indicated to children and enforced by officials and parents.

B. PLAYING AREAS & FACILITIES:

It is the Centre's responsibility to ensure that the facilities and equipment used by athletes, officials and spectators are safe.

Centre personnel need to regularly check all equipment for faults and/or degeneration. Event areas should be kept level, free from obstruction and clearly marked.

Wherever possible, safety measures should be put in place to largely reduce the prevalence of preventable accidents. For example, in the discus, safety nets must be erected making the surrounding areas free from flying discuses.

C. PROTECTIVE EQUIPMENT:

Little Athletes across Australia have the right to participate in track and field without the risk of injury. Protective equipment helps to eliminate many of the possible injuries that could occur without their usage.

Wherever possible, protective measures should be taken. For instance, in high jump, a cover over the mats reduces the possibility of children falling between the mats.

D. ALA STANDARDISED EQUIPMENT & EVENTS:

Little Athletics was one of the first sporting movements to adopt a "modified" approach to sport. Children have always been free to take part in modified events making them compatible to children's physical attributes and capabilities.

It is for this reason that Centres need to carefully follow the standards set for events by Australian Little Athletics. The specifications have been carefully selected to ensure that they are most suitable and advantageous for developing athletes.

E. SHOES:

- Footwear is compulsory for ALL competitors in ALL events.
- Spike shoes MUST NOT be worn in any U6 to U8 event.
- Competitors must not wear spike shoes with the spikes removed in any event.
- Spike shoes must only be worn during the event and are not to be worn to and from the event.

Good quality shoes that are well-fitted are best. Foot stability is essential when selecting a running shoe and consideration must be given to the ability of the shoes to absorb shock. This is especially important in long distance events and jumping events.

Before purchasing a shoe, ensure that it is compatible to the athlete's foot. Your local sports store or podiatrist should be able to suggest to you which shoe is most compatible to your foot.

When purchasing athletics shoes, look at old shoes as they may indicate where a foot fault may be. For instance, some people walk on the outside of their feet (supinating) whilst others may walk on the inside (pronating). Both supinating or pronating when walking or running can cause structural problems. If the shoes indicate that supination or pronation is occurring (wearing on one side of the shoe), professional advice should be sought. A podiatrist or sports medicine specialist may be able to prevent an injury from occurring.



FOOD AND CANTEENS

It is important that all Little Athletics Centres which sell food follow appropriate food safety practices.

Little Athletics NSW is currently developing food safety guidelines for little Athletics Centres. More information will be forthcoming.



FIRST AIDERS/SPORTS TRAINERS

Medical officers at Association carnivals must have appropriate first aid or medical qualifications.

Qualified first aid/medical personnel should be present at each Centre competition and training session.

Persons administering first aid should:

- When possible, wash their hands and use disposable gloves.
- Gain consent from the victim before any first aid treatment is given. (If the victim is under the age of 18, consent should be gained from a parent or guardian, but if the child is unaccompanied, first aid should be given in good faith. If the victim is unconscious, consent should be assumed).
- Act within the scope of their qualifications.
- Not give unprescribed medication.
- Not give advice or attempt a diagnosis.
- Record all incidents in writing.

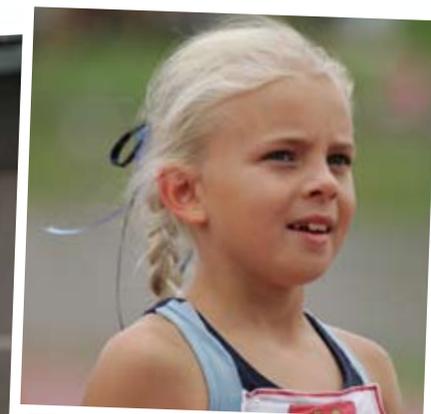
FIRST AID KITS

A well-stocked first aid kit, appropriate for the activity being undertaken, must be easily accessible and available for use at all Little Athletics activities.

The minimum contents recommended are:

- Ice or cold packs (in freezer or esky)
- Plastic bags (e.g. freezer bags) for ice
- Cloths (e.g. "Chux") to place between ice and skin
- Disposable gloves
- Individual hand towels
- Adhesive tape x 1 roll: 25mm wide
- Antiseptic – Betadine or Chlorhexidine (non-alcohol)
- Bandages:
 - Crepe 100mm x 1.5m x 3
 - Crepe 50mm x 1.5m x 2
- Band-aids
- Dressing pack x 2
- Dressings
- Cutiplast x 3: 150mm x 8mm
- Gauze swabs x 3 packets
- Opsite (plastic skin) x 3: 60mm x 70mm
- Needle (to remove splinters) and/or splinter forceps
- Paper/ report forms and pen to record injuries
- Safety pins x 5
- Saline / water ampoules x 5
- Scissors x 1
- Stingoes (for insect bites – ice is just as good)
- Triangular bandage x 1

The first aid kit contents should be regularly audited against a list to ensure that it is sufficiently stocked.



GROWTH RELATED INJURIES

Children's bones generally grow at a faster rate than their muscles, tendons and other soft tissues. These varying growth patterns can sometimes lead to associated skeletal/muscular injuries and problems due to increased tension where the muscle tendons join the bone.

Tight and tender muscles are often troublesome to the developing child. The two most common sites are the knee and the heel.

Osgood Schlatters Syndrome is a condition that typically occurs in the 12-15 years age group, particularly boys and is more common with 'jumpers'. Symptoms of this condition may include irritation and inflammation of the patella tendon just below the knee cap.

Osgood Schlatters may adversely affect the development of normal bone growth.

Severs Disease most commonly occurs in boys and girls the 8-14 years age group who are actively growing and are involved in sports that involve lots of high impact activities (e.g. running, jumping, etc). The condition is defined by activity-related pain in the back of the heel. Other symptoms may include swelling in the area and tenderness to the touch.

The condition is caused by the calf muscles pulling on the attachment point of the achilles tendon on the heel bone.

The treatment of growth-related injuries may include rest from the activity that causes the pain, ice, gentle stretching and strengthening exercises. It is essential that professional medical advice is sought.



HEAT & HYDRATION

The Little Athletics Association of NSW has developed guidelines that relate to exercise and hydration in extreme temperatures.

Extra care should be taken to ensure athletes are sufficiently hydrated and shade is provided when temperatures are high and/or if a large increase in temperature is likely to occur. The possibility of suspension and/or cancellation of activities will be considered in line with the Heat and Hydration Guidelines if temperatures reach levels considered to be a risk.

It is recommended that all Little Athletics venues have temperature-measuring equipment available for use on days on which it is expected that hot weather may become a concern.

As soon as the temperature begins to rise to a point that indicates it may be of concern, it is recommended temperature readings be taken at 15-minute intervals, at the same location each time.

When using a simple thermometer, if the ambient temperature is in the range of 34-39 degrees Celsius for two consecutive measurements, public announcements should be frequent, and plenty of water and shade should be available to the athletes and officials.

At 36 degrees Celsius, consideration should be given to postponing distance events until it becomes cooler.

It is suggested that if the ambient temperature is over 40 degrees Celsius for two consecutive measurements that no new event should be called until the temperature drops below the cut-off OR competition should be ceased until the temperature drops below the cut-off.

For more information see the *LAANSW Heat & Hydration Guidelines*.

ILLNESS & PARTICIPATION

If a child is suffering from a temporary illness, they should not be allowed to participate in sport until they have completely recovered from their ailment. Participating in sport when ill can place children at further risk of damaging tissues and organs and developing heat stress, and should be completely avoided until recovery has taken place.

Children should not be allowed to participate when they are suffering from contagious diseases such as chicken pox or measles.

INJURY MANAGEMENT

Track and field has always been regarded as a relatively safe sport experiencing very few serious injuries. Nevertheless, it is essential that a person with a current first aid or medical qualifications be accessible during Centre competition, Championships and training sessions.

There are a number of easy-to-follow steps when dealing with an injured athlete, parent or official.

i) The STOP procedure

- S** = **Stop** – cease activity immediately
- T** = **Talk** to the injured athlete – How did it happen? – What did you feel? – Where does it hurt? – What does the pain feel like?
- O** = **Observe** the athlete's personality, injury site (is it red, swelling or deformed?)
- P** = **Prevent** further injury.

ii) The RICED regime

- R** = **Rest** the injured part
- I** = **Ice** the injury for 10-15 minutes every 2 – 3 hours for the first 48 hours (ice should be crushed in a wet towelling bag). This decreases swelling and bleeding and prevents further damage.
- C** = **Compression** – Apply a wide bandage around the injured part to help reduce the swelling and bleeding.
- E** = **Elevate** the injured part as much as possible to decrease swelling.
- D** = **Diagnoses** – Seek medical advice

INJURY RECORDS

The recording of all first aid incidents is essential. First aid reports should:

- Be written in ink
- Signed and dated
- Not be altered unless these alterations are initialled by the first aider
- Be kept confidential
- Be retained for possible future reference

Every injury sustained at Little Athletics, no matter how small, should be recorded on a Sports Injury Claim Form.

A copy of this form should be maintained by the Centre until the athlete turns 25 years of age.

A copy of this form should also be forwarded to the State Association. Any injuries or accidents that are subject to claims through the Association Insurance Policy, must be fully detailed on this form and it must be returned to your Association Office within 30 days of the injury.

LAANSW also requires a first aid record form, used to summarise injury/accident details for use by the Association's Medical Adviser. Extra copies of both forms are available from the Association office.

INJURY REFERRAL

Little Athletics NSW recommends that an injured person be referred to a qualified professional such as a doctor or physiotherapist for precise diagnosis, ongoing care and treatment. A full recovery is then more likely.



INSURANCE

Australian Little Athletics (which includes every affiliated Association and Centre), provides Personal Accident Insurance cover for all registered Little Athletes, officials and voluntary workers. This cover does not extend to spectators.

Cover for athletes is effective when the athlete is engaged in Little Athletics competitions and training (officially organised and sanctioned by and under the control of the LAANSW or a Centre); when attending social functions officially organised by and under the control of the LAANSW or a Centre and when travelling directly to and from either of the above.

Cover for officials and voluntary workers is effective when a volunteer or official is actively involved in helping or officiating at a competition conducted by LAANSW or a Centre and when travelling directly to and from an activity conducted by LAANSW or a Centre.

It should be noted that anyone who suffers an injury or accident, who is on the field but not officiating/helping, is not covered by this policy.

LIGHTNING

In Australia, lightning accounts for five to ten deaths and well over one hundred injuries annually. A large percentage of lightning strike victims survive but many of these suffer from severe life-long injury and disability. Statistics show that approximately 25% of people killed by lightning are playing sport. When thunderstorms threaten, officials and coaches must not let the desire to start or complete a carnival, or a coaching session, hinder their judgement when the safety of athletes, officials or spectators is in jeopardy.

All thunderstorms produce lightning and are dangerous. The sound of thunder serves as an immediate warning of lightning danger and at such time the possibility of suspension and/or cancellation of activities will be considered in line with the LAANSW Lightning Guidelines.

In the case of a thunderstorm the "30 – 30 rule" should be observed:

- Once the "flash to bang" (lightning to thunder) reaches 30 seconds or less, all events should be postponed and all individuals instructed to take appropriate shelter.
- The carnival should not resume until at least 30 minutes after the last sound of thunder or flash of lightning, and conditions are completely safe.
- Each time lightning is observed or thunder is heard, the 30 minute clock should be re-started.

For more information, see *LAANSW Lightning Guidelines*.

MANUAL HANDLING

The Little Athletics Association of NSW is committed to prevent injury or reduce serious injuries which result from manual handling tasks in the workplace. The organisation will in consultation with employees / volunteers, identify, assess and control risks arising from manual activities in the workplaces.

For more information, see *LAANSW Manual Handling Guidelines*.

OCCUPATIONAL HEALTH & SAFETY

The Little Athletics Association of NSW is committed to providing and maintaining a safe and healthy workplace for all employees, visitors and subcontractors.

For more information, see *LAANSW Occupational Health & Safety Policy*.

PERSONAL PROTECTION & INTERVENTION

The LAANSW is firmly committed to a coordinated and comprehensive approach to promote the protection of children and adults. In accordance with the NSW Government principles for child protection and intervention, the LAANSW aims to promote a safe environment for all children and adults and to recognise and notify suspected child abuse and neglect.

The Little Athletics Association of NSW Inc. is committed to the belief that all children have a right to feel safe at all times.

The LAANSW Personal Protection and Intervention Policy provides the necessary framework for The Association to achieve the above policy statement.

See *LAANSW Personal Protection and Intervention Policy*.

PREGNANCY

For the health and safety of pregnant participants and the developing embryo, the Little Athletics Association of NSW Inc has developed a policy with regard to pregnancy.

For more information, contact the Association.



PRIVACY

Little Athletics NSW is committed to providing the highest level of customer service, including the protection of an individual's privacy.

The Association has guidelines regarding the collection, use of, disclosure, accuracy, storage and access to, personal information.

For more information, see the *LAANSW Privacy Policy*.

SAFETY COORDINATOR

Little Athletics NSW recognizes that no one person should take responsibility for all safety-related matters at a Little Athletics carnival. Individuals must take some responsibility for their own safety, and unforeseen incidents can occur from time to time.

The Association believes, however, that the maintenance of a safe environment must be made a very high priority at all Little Athletics events. As a consequence the Association recommends that a particular individual or individuals be allocated with the task of maintaining a high focus on safety in the lead up to, during and following an event.

A Carnival Safety Coordinator (or Committee/Team) is responsible for promoting a safe environment amongst athletes, officials, volunteers, staff, spectators and other relevant parties during the carnival.



SEXUAL HARRASSMENT

The Little Athletics Association of NSW Inc. is committed to providing a sport and work environment free of sexual harassment, where individuals are treated with respect and dignity. The Association will not tolerate sexual harassment behaviour under any circumstances and will take disciplinary action against anyone who breaches the policy.

The policy applies to all employees, directors, officers, volunteers, coaches, officials, and any members of the Association.

The policy applies to behaviour occurring both within and outside the course of The Association business, activities and events, when the behaviour involves individuals associated with The Association and negatively affects relationships within the organisation's sport and work environment.

For more information, see the *LAANSW Sexual Harassment Policy*.

SKILL LEVELS

Encouraging children to use the correct technique for events will help to increase skill levels and eliminate the associated risks of being a novice. Studies have shown that injuries are greatly reduced if a child has developed greater skill and proficiency when attempting a task.

Little Athletics NSW recommends that, where possible, athletes receive appropriate skill instruction and practice opportunities (with modified equipment if necessary) prior to attempting the skill in a full competition environment. The aim of this process is to ensure that the athlete understands the basic components of the skill and can perform the skill in an acceptably safe manner.

SMOKING

The Little Athletics Association of NSW understands the harmful effects of smoking on health, fitness and performance in sport and that passive smoking is also hazardous to health. It is acknowledged that non-smokers should be protected from the involuntary inhalation of tobacco smoke and as a result, Little Athletics NSW has adopted a Smoke Free Policy. Smoking shall not be permitted in any competition or spectator area during any Little Athletics competition.

For more information, see the *LAANSW Smoke Free Policy*.

SUPERVISION

Effective supervision of young people engaged in Little Athletics activities is an important part of maintaining a safe environment.

Little Athletics NSW is currently developing Supervision Guidelines for Little Athletics Centres. More information will be forthcoming.

SPORT RAGE

The LAANSW Codes of Behaviour clearly indicate that violence or abuse in any form is totally unacceptable.

Any incident of sport rage at Little Athletics will be taken very seriously by the Association and penalties, including withdrawal of membership, may be imposed if such an incident occurs.

For more information about Sport Rage Prevention, contact Little Athletics NSW on 02 9633 4511 or 1800 451 295.

SUN SAFETY

The Little Athletics Association of New South Wales recommends that all Little Athletics Centres across the state adopt protective practices in relation to exposure of members to UV light.

All Centres are requested to actively seek to promote, encourage and support sun protection at both training and competition.

Where possible, Centres shall:

- Provide SPF 30+ broad spectrum water resistant sunscreen for members and make it available for sale and/or use to spectators
- Encourage parents and athletes to apply sunscreen to all exposed areas every 2 hours
- Encourage members to wear suitable protective clothing, when not participating a trial or an event. Eg. shirt with collar and sleeves, hat
- Make maximum use of existing shade at facilities
- When shade is not adequate, seek to work with relevant authorities and other community groups to provide more shade at facilities and if possible, provide temporary shade until adequate shade is available
- Promote sun safety through newsletters and over the public address system





TRAINING & COMPETITION FOR LITTLE ATHLETES

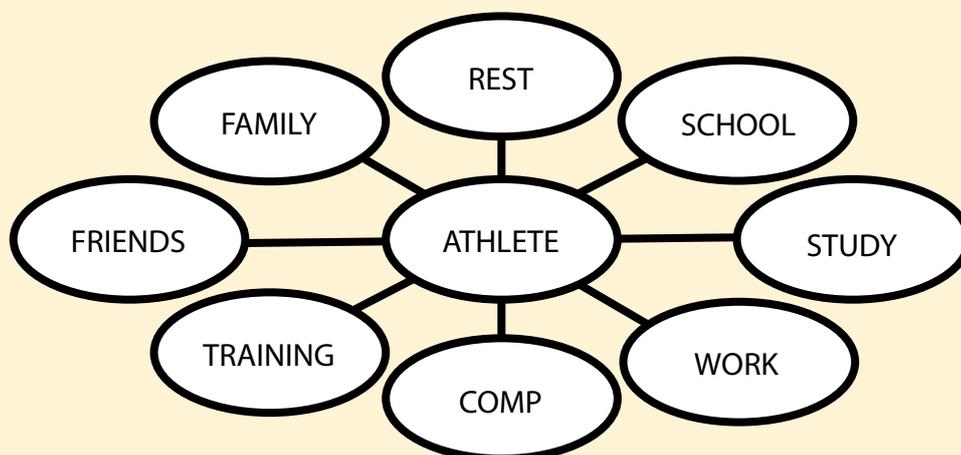
Little Athletics NSW supports the following recommendations and guidelines developed by the Australian Track & Field Coaches Association:

It is important to understand that children do not tolerate exercise as well as adults. Children need to be provided with a well-rounded development plan which will provide a sustained physical and technical development base for their future athletic endeavours. Overtraining will simply result in athletic burnout and overuse or repetitive strain injuries.

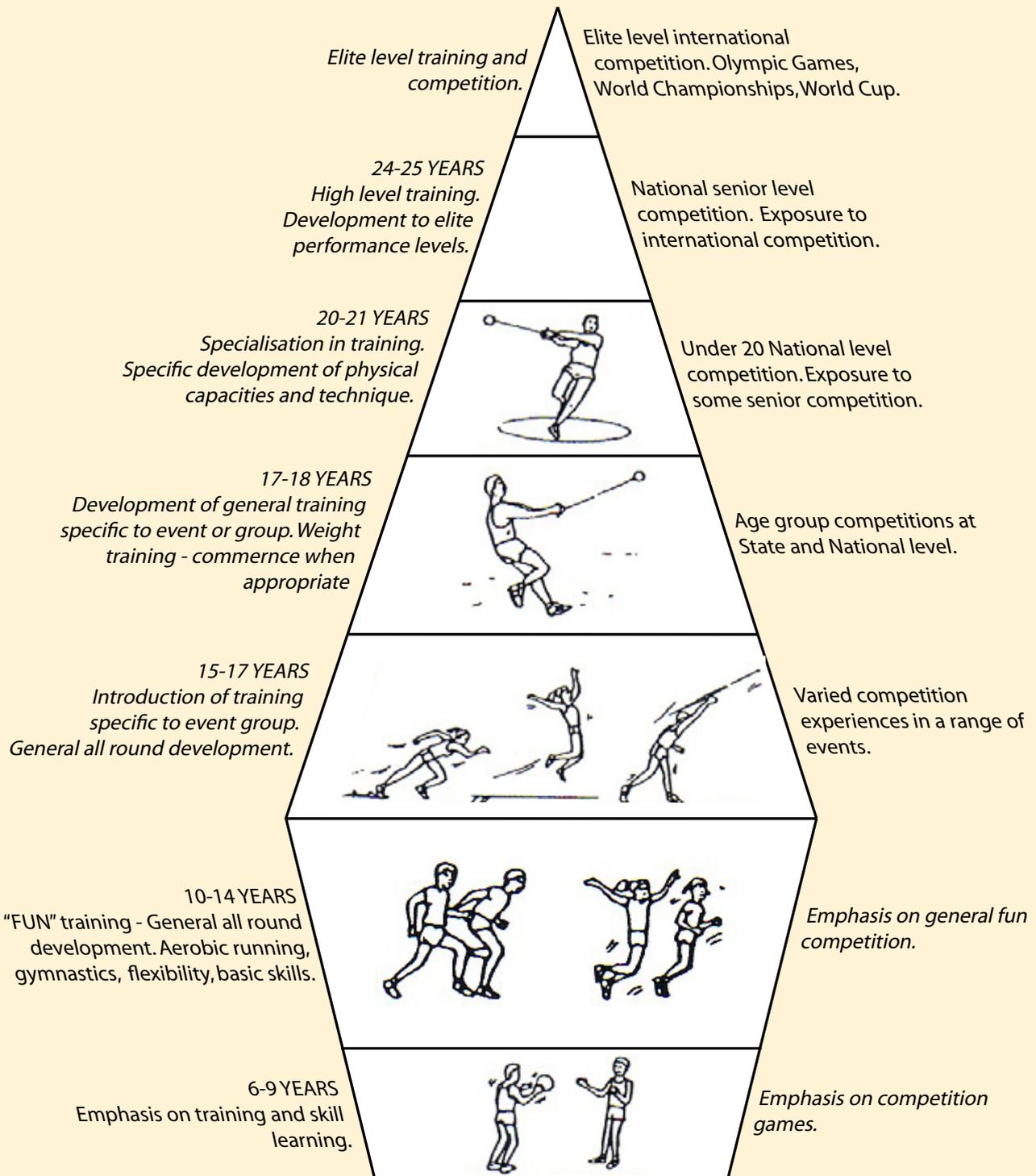
Please note:

These are guidelines and recommendations. The actual workload an athlete can cope with will depend on their physical maturity and their training age.

All commitments of the young athlete must be taken into consideration when planning for athlete development.



The Australian Track and Field Coaches Association recommends the following model for athlete development.



TRAINING & COMPETITION FOR LITTLE ATHLETES

General Guidelines for Training progression :

Under 6-8	1 Competition	1 Practice of 60mins
Under 9-10	1 Competition	1 Practice of 75mins
Under 11-12	1 Competition	2 Practices of 75mins
Under 13-15	1 Competition	2 Practices of 90mins

General Guidelines for Practice Time:

60min Session: 10mins Warm Up, 15mins each 3 events, 5 mins Warm Down.

75min Session: 15mins Warm Up, 2x20mins, 1x15mins 3 events, 5 mins Warm Down.

90min Session: 20mins Warm Up, 20mins each 3 events, 10 mins Warm Down.

NB: 2-5min recovery/change over periods are incorporated into event times.

General Guidelines for Strength & Conditioning:

Strength and conditioning is an important part of an athlete's total development and strengthening exercises should be introduced early as part of the overall plan.

Athletes can perform body-weight training exercises up to the age of 12-13, at which time they can be introduced to light weight training and simple jumping activities.

Heavy loads on growing joints can create permanent damage and sometimes disfigurement of the bones. It is recommended that athletes do not start maximal weight training or advanced jumping activities until after puberty. These programs when commenced must be carefully monitored to avoid injury to the athlete.



USE OF IMAGES

Little Athletics NSW is aware of the potential risks posed to children through the use of photographs on websites and in other publications.

The Association is currently considering guidelines on the use of images of children. More information will be forthcoming.

WARM UP AND RECOVERY

Warm Up

Warming up is an important aspect of injury prevention and in preparing athletes both physically and mentally for the activity ahead. The ideal warm up will:

- Help to raise body temperature and increase heart rate.
- Prepare the muscles and joints for the activity to follow.
- Begin with general activities and be followed by sport-specific / event-specific exercises.
- Be relevant to the age, ability and experience of the athlete.

Recovery

i) Cool Down

After a training session or competition, athletes should not stop and rest immediately, but continue to exercise lightly and gently for 10-20 minutes. This will ease the body temperature and heart rate back to pre-exercise levels, and reduce the onset of muscle soreness and stiffness that can develop up to 48 hours after the training or competition has been completed.

The activities used during a cool down can include 10-20 minutes of low to moderate-intensity exercise such as walking, slow jogging or basic skills.

ii) Stretching

Post-exercise stretching also helps muscles and tendons to recover and is important in preventing muscle soreness. Stretching after a cool down, and even over the next 24 hours will get the best results.

iii) Refuelling

To recover properly, athletes need food to top up energy stores and to help repair any sore or damaged muscles. For best results, within half an hour of finishing exercise, an athlete should be consuming healthy food and drink.

iv) Rehydration

Body fluids are lost through sweat, so quickly replacing that fluid is very important. In the 2-3 hours after exercise, young athletes should be encouraged to drink plenty of fluids.



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