

## Guidance for parents bringing children to 3M sessions

We aim to be an inclusive family-friendly club and as such we realise that members sometimes need to bring their children to club sessions. We have a responsibility to ensure that everyone is safe during these sessions and with this in mind, we offer the following guidance for parents or guardians bringing children to 3M sessions.

- Please inform the coaches or session organiser that you are bringing your children to the session, preferably in advance, or at the start. Be aware that coaches are only responsible for the well-being of adults who are club members and registered with Welsh Athletics, so children are left “at your own risk”.
- Let the coach/organiser know where the children will be and ask them to stay in that location.
- Please ensure you are in close enough proximity to your children to be quickly available should they need you, ideally within earshot or visible to them. This isn't a problem on the track, but you may need to modify your route at other venues.
- For the longer Grand Prix etc. you may need to ask someone to keep an eye on younger children while you are running. If this is the case please arrange this beforehand – the organisers and marshals will be responsible for looking after the runners, but there may be spare volunteers available who don't mind helping.
- Please inform the coaches or session organiser in the event of an accident during the session. Please note that children and guests are NOT covered by our Welsh Athletics insurance as it only covers registered athletes.

We want every club member to be able to join in club activities so if you have any issues affecting your ability to take part, please speak to the club welfare officers, Fran or Mark J.

[welfare@3mgorseinonrr.co.uk](mailto:welfare@3mgorseinonrr.co.uk)