



WELSH ATHLETICS
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CLUB DEVELOPMENT & SUPPORT UPDATE

#StayHome #BeActive #StaySafe

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.

- Club Development and Club Support**.....1
- #SupportYourClub1
- Club Affiliation.....2
- Club Membership2
- Club Development2
- Club Support Webinars.....3
- Virtual Competition**.....3
- Funding and Support**.....4
- Starting Blocs**.....4
- Coaches and Run Leaders**4
- Officials**.....5
- Contacts and Communications**.....6
- Safeguarding, Welfare and Mental Health**.....7
- Run Wales**8

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. As a gift to all registered club members we are able to offer exclusive access to our DWFF discount of 30% off all online purchases (of orders over £50). Once the club has registered the club member they will receive their online membership pack with details for how to access this discount. Further information of this offer is available [here](#).

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 idea's 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

Helping you to deal with the impact of the coronavirus pandemic...

We are pleased to announce a series of three online training sessions (webinars) to help our clubs and groups deal with the challenges we are all facing because of the coronavirus pandemic. We have been working with Sports Marketing Network to arrange the online sessions starting on Wednesday 20th May. Full details of the sessions and content can be found [here](#) or via the links provided below.

Wednesday 20th May 2020 (6.30pm): [Keeping Your Members Engaged](#)

Wednesday 27th May 2020 (6.30pm): [What Will Your Club / Group Do Now?](#)

Wednesday 3rd June 2020 (6.30pm) [Preparing for Life after COVID-19](#)

The webinars are open to all fully affiliated athletics clubs and members as well as registered Run Wales Running Groups and their members. To book onto the webinars please use the links provided above. We look forward to hearing from you and look forward to you joining us online!

Virtual Competition

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](#)



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](#).

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

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 some experienced coaches about how to coach at distance via our 'Coaching Stories' initiative including; [Coaching Via Correspondance - Tony Houchin](#) and [Getting into Coaching - Helen James](#)

May 4th will see the first of a 2 part webinar series on '[The Physiology of Endurance Running](#)'. These will be led by coach Dan Nash (Great Britain and Welsh endurance athlete and World 50k Bronze Medallist) these webinar sessions are suitable for endurance coaches and enthusiasts of all levels. Details of the sessions, as well as how to enrol, are available [here](#).

Coach webinars and interviews are also scheduled throughout the month of May, so please check back on the [Welsh Athletics website](#) regularly.

Officials

The officials e-newsletter has been going out weekly packed with new, 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?

We have also seen some great activities including wordsearches, quizzes and the official 'Welsh Athletics [Officials Step challenge](#)

The [Staying Active page of the Welsh Athletics website](#) holds all of this information including a link to the [Webinar - Changes within the new UKA rules for competition 2020-2022](#), delivered by Peter Crawshaw, Tim Soutar and John Temperton.

Not signed up to the Welsh Athletics Officials e-newsletter? To be added to the distribution list please contact [Zoe Holloway](#)

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

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

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](#)

