

# Wallsend Athletics 2020-2021 Season

Newsletter 4 - 09/11/2020



Please also stay up to date with latest announcements on Wallsend Athletics Club facebook page.

## Sign in and out

As we settle into the 2020 athletics season it is great to see so many parents and athletes signing in using the QR code. We will not be having tables set up at both Boscowen Street or Low Street (over bridge) but will instead have QR codes attached to the bollard. These are also in each age coles basket and up on front of building.

Manual sign in forms will also be available at table on front verandah if you do not have a smart phone that supports QR Code

## Uniforms

Now that the craziness of the first few weeks is over we will return to selling uniforms from front of building in meeting room. Card or direct deposit preferred

## Events

- We have returned to our full program that includes high jump and hurdles. Please be aware that all age groups now start at 5.30pm and listen to the announcer for first events as timing/event order may change to what we have done previously.
- Did you know Little Athletics NSW have a you tube channel with videos to help teach and learn the basic fundamental skills of a variety of running, jumping and throwing events in track and field. Check them out here

<https://www.youtube.com/playlist?list=PLtffpmvaZF4ciiIodXkog1aDYE2-dYiZO>

## Safety

- It is important to not run across the track whilst races are being run
- Please also be mindful of timekeepers at the finishline as if their view is obstructed then the children wont be able to get times. This was even more evident tonight as we had races on the straight and the circular track with a timekeeper both inside and outside of track

## Sickness

If you are unwell in any way please do not attend the park for competition or training. If you are found to be unwell at the park you will be asked to leave.

## Competition

- With no Zone or Regional competitions this year due to COVID restrictions you may not feel like there is enough competition. Wrong! Most centres will allow visiting athletes registered with other centres to compete at their regular weekly competition. All they ask is that you contact them prior so they know whos coming.
- Next round of the Summer Series at Newcastle Athletic Track is on the 14 November from 2:00 – 6:30 (senior Hurdles at this round). Online entries are open \$5 per entry. The last round will be 12 December, and this will have LA hurdles. For more details and to register:  
<http://www.newcastleathleticfield.org.au/events.html>

## COVID guidance

- 1.5m distancing where possible. Not required in “field of play”
- Cleaning equipment is available in each Coles basket
- At the beginning and end of the event, one parent to gel all athlete’s hands and equipment (eg: shot put, discus, javelin)
- No need to wipe equipment between each person
- One parent to manage the age group folder to record results per night. Please share this duty between parents over the season.
- Each parent/responsible adult to stay with their child until they have completed all events. If you have more than 1 child in attendance, please do not move between groups.

**COVID-19**

### We all have a part to play in keeping Community Sport COVID SAFE

<p>① Follow your club's COVID-19 Safety Plan</p> 	<p>② Avoid high fives and hugs when celebrating</p> 
<p>③ Maintain physical distancing of 1.5m when you're not playing or training (including team huddles and team photos)</p> 	<p>④ If you're sick stay home and get tested</p> 

Taking extra steps will make a difference [nsw.gov.au](https://nsw.gov.au)

**> HELP US STAY COVID SAFE**

