

AUSTRALIAN ICE RACING
INCORPORATED



Junior Sport Policy

Effective 12/04/08

Introduction and Background

Australian Ice Racing is the national body representing the sport of speed skating.

There are a number of junior skaters who regularly attend skating sessions and participate in competitions. There several issues that skating faces in dealing with young skaters, such as the clubs have combined adult/child training sessions.

If skating is to continue to grow and develop, it is critical for AIR Inc to have a junior sport policy in place to address these issues and provide a safe environment for our young skaters.

The junior policy once developed should be implemented by all the clubs.

The key stakeholders include:

- Australian Ice Racing
- Australian Sports Commission
- The three state associations
- The clubs
- Coaches
- Junior skaters
- Parents
- Interested parties

JUNIOR SPORT POLICY FOR

AUSTRALIAN ICE RACING Inc

The purpose of this policy is to assist in the provision of quality speed skating experiences for young people. It will encourage the provision of safe, enjoyable and accountable environments for everyone involved in junior speed skating.

Sport is an important part of Australian culture and participation in sport offers children and young people with a source of personal achievement and personal development. Regular participation in sport is important for young people health and well being and is fundamental to their development.

Junior Speed Skating refers to the programs and competitions offered by AIR Inc for children and young people aged between 5-18 years.

By implementing this policy, AIR Inc believes that speed skating clubs will be able to provide a safe and enjoyable environment that encourages long-term involvement by young people.

LONG TERM INVOLVEMENT

Getting more young people active is important because it is an integral component of a healthy lifestyle. Sport assists in preventing lifestyle diseases and promotes physical, psychological and social well being.

1. Strategies for Long-term involvement

Offer fun competitive opportunities for young people who are not interested in the elite pathway.

Encourage young people likely to drop out to take on roles in administration, coaching and officiating

Encouraging teenagers to take on roles such as timing, lap counters, starters, block stewards etc.

1.2 Strategies for Presenting Speed Skating

Give young people opportunities so they feel they have been given a fair go

Recording of personal best time for every skater on club websites this shows individuals how they are going. Everyone can participate in club racing sessions and comps and monitor their own progress.

Keep costs as low as possible

Clubs providing hire boots/skates for a period of time other equipment such as helmets knee pads where possible

Modify activities to provide a suitable level of challenge for young people developmental status

Shorter racing distances for younger age groups

Strategies for Motivation

Provide experiences so young people feel the satisfaction of belonging

Short report on racing sessions mentioning junior skater's names- this gives them a sense of being a valued part of the club.

Actively encourage positive attitudes in everyone involved

Everybody to help with setting up of rink and packing away of equipment. Don't take contributions of other club members for granted, club members should work together

Encourage involvement by using good role models

*Appropriate language, positive encouragement for all skaters, and respect for all members with an emphasis on enjoyment and safety for all participants.
Elite skaters coming to club training to encourage junior skaters*

GETTING YOUNG PEOPLE INVOLVED

Sport provides an opportunity for young people to develop physical well being, social skills and emotional health. It provides them with skills that will be used during their whole life

2.1 Ability

Provide equal opportunity for young people regardless of their ability to reach their potential.

Different levels of ability catered for at training e.g. Group A B and C (emphasis on ability rather than age) Club racing, State Championships and National comp allow skaters of all levels to compete. Awards such as " Best and fairest" and "Most Improved Skater" are to be encouraged.

2.2 Body Shape

Do not make judgments related to sporting ability or future potential based on body shape.

Skin suits are body hugging and are the uniform requirement for competition but T-shirts, vests etc are allowed to be worn during training sessions

2.3 Disability

Appreciate the needs and skills of athletes with disabilities in term of integration and separate sporting opportunities

Disability does not necessarily prevent a junior skater from participating in speed skating.

2.4 Ethnicity

Provide support for young people and their parents/carers from CLD groups to be involved in junior sport

2.5 Gender and Sexuality

Speed Skating is available for both Men and Ladies

Mixed sex relays in junior level, mixed training, single sex racing at all levels

2.6 Geographical Location

Assist with accommodation and travel costs for annual training camps, by having a rotation of national events in different States.

The Duke Trophy Competition is shared between the state members on a rotational basis. The national Championship is shared between NSW and Qld, and will be available in Victoria in the future

2.7 Indigenous Australians

Offer support for indigenous young people to participate in sport.

2.8 Socio-economic Status

Assistance for young people from low socio-economic areas with lower fees travelling, uniform and equipment. Maintain privacy at all times with the young person and their families.

Half yearly membership is available. Club skates can be hired. Bike helmet is ok; other basic needs are gloves and neck guard. Only need to go into skinsuit at competition. States have skinsuits to be lent out for Duke Trophy and relay at Nationals.

2.9 Equity of Opportunity

Provide equal opportunity for all young people to participate

A selection policy is written by the AIR each year with clear guidelines and times to be achieved. This is to be distributed to all clubs

*It is important that relevant information is made available to all members. Better communication of information from State bodies to Club bodies and to Club members. The selection policy needs to be transparent
Clear guidelines on selection for
Duke trophy team (State responsibility)
State relay team at Nationals (State responsibility)
Elite Development Squad (National responsibility)*

PHYSICAL GROWTH AND MATURATION

Physical activity is essential for the normal growth and development of the child. However, there are potentially harmful effects for young athletes through the impact of intense training. This can adversely affect the dynamics and timing of growth and physical maturation. Determining when children are ready for more intense training and competition is a duty of care required of sports leaders

3.1 Accommodating Physical Growth and Maturation-Training

Educate young people, parents/carers on issues related to growth and maturation

Elite Development camp and the State coaching clinics should have a strong emphasis on healthy eating/healthy lifestyle .

3.2 Accommodating Physical Growth and Maturation-Competition

Use shorter distances in racing for the midget, nipper and sub-junior age groups

125m
250m
800m

*The distances for racing are shorter for the younger junior and progressively increase as they get older
Competitions should be scheduled so that young competitors can eat and rest properly. Appropriate breaks scheduled between sessions. Competitions should not be crammed into as short a time as possible without regard to the welfare of younger skaters*

3.3 Talent Development

Expose young people to fun training program that offers satisfaction and variety

Juniors should be encouraged to do cross training such as cycling and land training.

ICE RACING PATHWAYS

Australian Ice Racing Inc Athlete Pathway should provide a plan for progressive development for young people from a broad experience through to the Elite level, catering for all levels of requirements

4.1 Designing Pathways

Develop a framework of progressive stages to take young people from beginner to an experienced participant

A comprehensive skills attainment level program has been developed to be followed by junior skaters. This program also allows the skater to have a sense of achievement receiving a cloth badge at each level and a handbook at the beginning which is signed off as each level is attained
A new skater is given a “package” with the rules and information on the sport
Recreational participation should be encouraged

FORMING LINKS

Consultation and co-operation are essential for effective and efficient junior sport participation. Ice rinks, their management, ice hockey and figure skating clubs, government (local, state and federal) and media are all partners in junior sport. Their co-operation and goodwill is vital for successful delivery of junior sport.

5.1 Avoiding Gaps and Overlaps

Coordinate scheduling of competitions and training times with other skating clubs
Coordinate scheduling of competitions with school holiday periods

5.2 Achieving Consistency

Maintain regular communication with the main stakeholders

5.3 Sharing Resources

Exchange services across all ice sports eg coaching and training,

5.4 Schools Forming Links

Encourage schools to participate at skating

Advertising in local school newsletter this would need a junior training program to be running so that participants and parents can see a structured professional program is being offered

5.5 Club forming links

Appoint key contact person with each club

Make contact with other organisations and establish how best to work together

PEOPLE MAKING IT HAPPEN

Speed Skating involves a number a people. The quality of leadership in the sport reflects the quality of the sport experience for young people

6.1 Young People

All young people have a responsibility to practise fair play by respecting the rights and worth of all participants regardless of their gender, ability or cultural background. They should give everyone a fair go. They should applaud good play. Physical or verbal abuse will not be tolerated

All participants should sign the Athletes Code of Behaviour

6.2 Parents and Carers

Parents and carers should be encouraged to take an active role. They should be good role models and promote fairness, safety and respect for all

*All parents and carers should sign the Parents' Code of Behaviour
We need to have qualified first aid people encourage parents to take on this role.
"Share the jobs" Be careful not to make committees look like "closed shops"*

6.3 School Teachers

Encourage young people to be involved in sport both inside and outside school

6.4 Coaches –communication

Give praise and encouragement

Motivate

Resolve conflicts and defuse difficult situations

-setting an example

Display control and respect for all
Develop team respect for the ability of opponents as well as for the judgement of officials and coaches

-developing a coaching philosophy

Provide opportunities for coaches to get together and discuss their role

6.5 Officials

Manage speed skating in the spirit of a competitive positive sporting experience
Inspect the ice rink so that it follows the Risk management Policy
Explain the rules and inspect skaters for safety requirements
Caution skaters for a breach of Code of Conduct
Acknowledge players when they demonstrate good behaviour
Control negative reaction and comment from spectators
Respond to injury

6.6 Administrators

Plan and monitor all policies, making sure all are communicated and actioned
See that skaters, parents and officials receive a copy of Code of Behaviour
Actively target potential volunteers for involvement
Provide opportunities to recognise volunteer contributions with awards

*Volunteer of the Year awards are now in place in each state
Pins are awarded at each competition for involvement
Life membership awards are given out each year
A professional approach should be maintained at all times.*

6.7 Volunteers

Promote opportunities for volunteers so they are aware of how they can help
Provide volunteers with training and resources
Build relationships and partnerships among volunteers

Volunteers are requested at each comp for help with time keeping, mats etc.

6.8 Training Personnel

Provide training /accreditation for all personnel if possible

Starters training, referee training, timekeepers, has been held over various weekends and various places. Each state is encouraged to send a representative. Coaches need to be accredited. First aid training should also be provided

6.9 Leadership Succession

Experienced leaders can develop a mentoring system where leaders can train young people to take on other roles in ice racing

QUALITY COACHING

Our Coaches should have an understanding of the learning process and development stages young people pass through. They should have good planning skills and be able to listen to their athletes. They should be aware of the social and behaviour skills young people learn from their sport

7.1 Planning

Consider the developmental stage of participants
Include a focus on etiquette and standards of behaviour
Develop a plan for each season and each training session
Evaluate the outcomes after each session and decide if changes are needed

7.2 Coaching Sports Skills

Involve young people in helping set up eg with the mats
Keep instructions simple and clear
Keep instruction time to a minimum before allowing skaters to practise
Introduce more complex skills at later stage
See practice time has some fun elements

7.3 Coaching Sports Behaviours

Encourage fair play, self control cooperation teamwork and team spirit
Develop respect for the ability of others and for the judgement of officials, referees and selectors.
Discourage anti-social behaviours such as cheating, aggression or attitudes such as winning at all costs
Help young skaters build self confidence in their own ability
Group skaters so that everyone has the chance of success
Make sure the skating experience is fun for everyone

7.4 Developing Coaching Skills

All coaches should complete the General principles through the ASC website
AIR Inc Level 1 and 2 Manuals available for training
Coaching workshops to be held for training

MAKING SPORT SAFE

Speed Skating organisers have a legal duty of care to not expose young people to risk in any aspect of providing the sports experience. A risk management policy should be in place and followed by all clubs

8.1 Facilities and Equipment

Inspection of rink prior to training and competition to comply with the AIR Inc Risk Management Statement

Skaters should wear compulsory safety clothing, neck guards, helmet, shin and knee pads and gloves, to comply with AIR Inc Risk Management Statement

Maintain equipment and replace when inadequate for doing its job

Enlist the support of role models in wearing safety equipment so young skaters follow by example

Skaters must not climb barriers and must enter by open gates

8.2 Training and Competition

Prepare young skaters for their sport through quality, safe training methods with a focus on fun and enjoyment.

Set guidelines for workloads

Require coaches to monitor for early warning signs of body stress and when a case arises investigate and alter workloads until resolved

8.4 Infectious Diseases

All skaters should have their own easily identifiable drink bottle at training and competition and not share with other skaters

Adopt rules for dealing with incidents involving blood.

First aid attendants must wear gloves

Blood spilt on rink must be cleaned in compliance with AIR Inc Blood and Infectious Disease Policy

AIR to provide information on practices related to infectious disease and check for understanding and implementation of practices required

8.5 Medical Conditions

Sport providers have in place plans to deal with young skaters who have special needs
Require each young skater to fill in a medical questionnaire with information on medical conditions and specific needs

8.5 Preventing Drug Use

Provide education and reinforced by role models so they understand that drugs can harm performance and their health

This should be part of the Elite Development camp and/or state training camps with a representative from ASADA or the information provided by ASADA and given by a nominated team leader

8.6 Weight Control

Provide young people with education on healthy eating practices for weight control

This should be part of the Elite Development camp and /or state training camps with help from dieticians or nutritionist

8.7 Dealing with Emergencies

A First Aid attendant should be at the rink during all training sessions

This could be a parent who is willing to do first aid training

A First Aid box should be at the rink during all training sessions

An incident report form must be filled in by the first aid attendant and signed by the parent/ carer of the young skater

A confidential medical history should be filled for each young skater

A parental permission form with details of emergency contact/ medical history of skaters in case of emergency should be filled in each year. This should be compulsory for all skaters travelling away from home and should be given to the team leader

There should be a male and female team leader if male and female participants in camps

Skaters should be advised of their responsibilities during participation at training sessions and camps and of the consequence of their behaviour

Reports from team leaders after camps/trips should be written in a professional manner with limited distribution. Constructive criticism if necessary Follow up action with misbehaving participants should be done confidentially by the relevant body

Standard forms should cover. Membership

- juniors and parents*
- . Responsibilities/rights of junior members signed by*
 - . Camp trip forms*
 - . Parental permission and contact details*
 - . Medical history*

THE LAW AND SPORT

To protect the welfare of young people in sport, organisations must be aware of the relevant legal issues and put safeguards in place. By doing this will be protecting both our junior members and the organisation

AIR Inc has policies in place

Membership Protection Policy
Risk Management
Infectious Disease
Disability Policy
Code of Conduct
Anti-Doping
Use of Image Guidelines
Parent Permission Forms