



# Volunteering Guide

Thank you for volunteering with the Dorking & Mole Valley Athletics Club! Volunteering is a great way to support youth athletes and the club, as well as develop your own coaching skills. This guide outlines the roles and responsibilities for helpers. You can develop the role, depending on your preferences and strengths over time.

## What helpers can do:

- Support the safe delivery of our training sessions, eg running alongside as we get to a training location in Dorking.
- Encourage and support the athletes during a session, eg counting laps during a pyramid set.
- Ensure the safety and well-being of athletes during training sessions, eg helping organise water bottles and clothing.
- Help with organisation and admin eg taking the weekly register.
- Help with equipment and set-up before and after a session eg cones.
- Support events eg race entries, helping with numbers on arrival.

## What you don't need to do:

- Be a fast runner or good athlete!
- Set coaching sessions. This is done by the Coaches, or Assistant Coaches under supervision. However, they will explain the session before you arrive (or as we take the register) and explain what they would like you to do. When you are ready you can lead a warm-up or stretching session but the Coaches will be there.
- Manage behaviour issues. This is the responsibility of the Coaches but we welcome your support eg encouraging athletes to listen to instructions.
- Liaise with parents. However, if you are able to welcome athletes and parents, and explain how the Club and membership works to new members this is very welcome.
- Turn up every week. We know it is difficult to juggle commitments. Please let us know what you can do and let us know if you need a break.

Please try it out for a couple of weeks. When you have decided it's something you would like to do longer term we will get your DBS sorted.

These contacts are here to help:

### **U13 Coaching Team**

Chris Edwards, Kevin Irvine and Dawn Cook, tel 07904 069490, email [dawnccook@btinternet.com](mailto:dawnccook@btinternet.com)

### **Youth Athletes Coach**

Rob Russell

### **Safeguarding**

Welfare Officers Ruth Kirkpatrick and Kevin Stroud

Your contributions as a volunteer is invaluable to the success and growth of athletes and Dorking & Mole Valley Athletics Club. Thank you for your dedication and commitment to supporting our athletes and community.