



### Welcome Pack

Fife Athletic Club welcomes and caters for all ages and abilities, from the recreational runner who just wants to keep fit, to athletes who have represented both club and country at international events. Fife AC is a charity registered in Scotland, No. SC045642, and a Company Limited by Guarantee.

Fife AC was formed in the early 70's from the amalgamation of several clubs in North East Fife. In the mid 80's Fife Southern Harriers dissolved and was integrated into the current Fife AC. Geographically, Fife AC is a widespread club taking in Central and North East Fife, with training groups in Kirkcaldy, Glenrothes, Cupar and St Andrews. The aim of the Club is to promote all aspects of athletics (track and field, road, cross country, trail, ultra and hill running) throughout the age range, to both sexes and for all standards of able-bodied and disabled involvement.

As well as organising coaching and training, Fife AC promotes many events, over 30 per year at the last count, including the largest hill relay race in Scotland and a series of local races. Fife AC also has a policy of hosting National and District Cross Country Championships. For more information, visit the Club website on [www.fifeac.org](http://www.fifeac.org).

Fife AC aims to encourage and develop athletics by

- offering coaching and competitive opportunities in athletics;
- promoting the Club within the local community and Scotland;
- ensuring a duty of care to all members of the Club;
- providing all its services in a way that is fair to everyone; and
- ensuring that all present and future members receive fair and equal treatment.

## 1 Membership

Membership is open to anyone over the age of nine (9), and members are enrolled in one of the following categories:

- Junior (age at least 9 and under 21)
- Senior (age 21 and over)
- Honorary Life

A discount is available for families of two adults and one or more children. Once you have joined Fife AC you will be registered with Scottish Athletics at no additional cost. The membership form is available here:

[www.fifeac.org/about-fife-ac/joining-fife-ac.html](http://www.fifeac.org/about-fife-ac/joining-fife-ac.html)

By joining the Club, members accept the Club's codes of conduct (more detail below), and the regulations set out in its Articles of Association:

[www.fifeac.org/about-fife-ac/documents.html](http://www.fifeac.org/about-fife-ac/documents.html)

## 2 Club Training Sessions

The club organizes weekly training sessions suitable for juniors and seniors at Cupar, Glenrothes, Kirkcaldy and St Andrews, as well as hill running training at various locations. For details of meeting times and places, and contact details for coaches, see:

[www.fifeac.org/training.html](http://www.fifeac.org/training.html)

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### 3 Competition

Fife Athletic Club is an active participant at local, district and national level in:

<b>Track and Field</b>	Petrofac League
	UK Youth Development League
	Scottish Women's League
	Scottish District & National age group Championships including seniors
<b>Cross Country</b>	National Cross Country Championships
	East District Cross Country Championships
	East District Cross Country League
<b>Hill Running</b>	Scottish Hill Running Championships
<b>Road Running</b>	National Championships

**JUNIOR ATHLETES TRAINING WITH THE CLUB ARE EXPECTED TO COMPETE FOR THE CLUB.**

### 4 Club Office Bearers

The Club's current office bearers are listed on the Club website:

[www.fifeac.org/contacts.html](http://www.fifeac.org/contacts.html)

### 5 Volunteers

Fife Athletic Club is always looking for help from anyone who feels that they may want to get involved in, and contribute towards, any aspect of running the Club. From administrative work, fund raising, organising or assisting at our races, coaching, officiating, managing teams, providing transport to events or helping in other ways, volunteers will always be made very welcome whether it is on a regular or on an ad hoc basis.

A number of ways you can support the club include:

- driving athletes to events
- helping at an event
- running or helping at a fundraising event
- helping to officiate at a Fife AC race or at a track and field event our athletes are competing in
- helping at a training session
- helping to organise a social event for Club members
- offering to take on a specific project

Do not be shy at coming forward: please contact our Club Together Officer or any of the Office Bearers or Coaches:

[www.fifeac.org/contacts.html](http://www.fifeac.org/contacts.html)

### 6 Club Kit

Various items of club clothing are available, including vests, "technical" fabric training t-shirts, hoodies and light shower-proof jackets:

[www.fifeac.org/about-fife-ac/clothing.html](http://www.fifeac.org/about-fife-ac/clothing.html)

### 7 Welfare & Athlete Protection Policy

Fife Athletic Club complies with, and subscribes to, the welfare policy of UK Athletics/scottishathletics and we have a Welfare Officer responsible for the implementation and monitoring of this policy. All Club coaches and assistants have to undergo PVG checks before working with athletes.

The full Athlete Welfare & Protection Policy can be found on the Club website:

[www.fifeac.org/about-fife-ac/documents.html](http://www.fifeac.org/about-fife-ac/documents.html)

## **Fife AC Welcome Pack**

### **8 Code of Conduct**

Sporting integrity is based on the acceptance of rules, fairness, equality, respect for others, moral conduct and sense of what is right. The goal of Fife Athletic Club is to create a sporting environment, where violence, breaking the rules, the abuse of drugs, the lack of fair play and other unethical behaviour are automatically rejected as being contrary to the true purpose and ideals of sport.

By joining Fife Athletic Club you automatically agree to the following principles:

- to respect others – coach, officials, other athletes, team managers, parents who help organise/participate in the sport;
- to refrain from directing verbal, physical, emotional abuse towards other athletes/coaches/umpires/event organisers and other team members;
- to treat all others as you would like to be treated with integrity and respect;
- to set a good example at all times in aspects of dress, language, behaviour and respect of equipment and others.

If a member behaves inappropriately, they could be subjected to the Club's disciplinary procedure. The full Policies and Codes of Conduct can be found on the Club website:

*[www.fifeac.org/about-fife-ac/documents.html](http://www.fifeac.org/about-fife-ac/documents.html)*

### **9 Fife AC “100 Club”**

The Fife AC “100 Club” gives members the opportunity to win prizes of £100 every three months and £200 in December. It provides a small profit for Fife AC funds. The cost is £1 per month by standing order or £12 for the year:

*[www.fifeac.org/about-fife-ac/100-club.html](http://www.fifeac.org/about-fife-ac/100-club.html)*