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## **Middleton and Bognor Hockey Club (MBHC) Junior Membership**

Welcome to MBHC and the world of hockey! Hockey is a fantastic sport, which is open to everyone from 5 –65 and is played all around the world. By joining us, you will become a member of a worldwide hockey family of millions of players as well as a welcome member at our club.

You are going to have a fabulous time, and learn to play a really great game. We are hoping that once you have all learnt the basics, we will enter you and your friends in the Sussex Boys and Girls development leagues so as you can try out these new found skills against other teams and then you can progress once you're old enough (if you want to) into senior hockey.



We would be most grateful if you would pass this onto your parents/guardians so they can do the boring bit of filling in all the forms for you and reading all the bits they need to know so that you can get on and have fun playing hockey!

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## **MIDDLETON & BOGNOR HOCKEY CLUB**

### **JUNIOR MEMBERSHIP FORM 2011/12**

Welcome to Middleton and Bognor Hockey Club. Please complete the membership form below and return it to the coach together with your cheque\* or cash for the required amount.

Many thanks and enjoy your season!

<b>Name:</b>	
<b>Address:</b>	
<b>Date of Birth</b>	
<b>Contact Number(s):</b>	
<b>Email</b>	

<b>Membership Category</b>	U16
<b>Subscription Enclosed</b>	£15 Junior fee

**Junior training is on Thursday 5-6pm at the Arena Sports Centre, Westloats Lane, Bognor**

**Cost per session £3**

**In the event of bad weather please ring the coach on 01243 586635.**

**We do train in the rain, but not in thunderstorms/ snowstorms or when the pitch is frozen!**

**Please complete and return to the Coach**

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### Medical Information and Consent

(To be completed by PARENT or LEGAL GUARDIAN if under 18)

In case of emergency and as part of the Middleton and Bognor HC responsibility to its membership, ALL members are required to complete this medical information form as accurately as possible. Details will be held securely with access restricted to authorised officers only.

**Childs Name:** \_\_\_\_\_

Next of kin:	Relationship:	Emergency Contact Number:

Doctor's name:	Surgery:	Doctor's phone number:

As far as you are aware, are you allergic to any medication? (Please state)	
Are you taking any regular medication? If so, for what reason?	
Do you have any long-term illnesses or injuries?	

DECLARATION: I consider my son/daughter\* to be physically fit and capable of full participation and agree to notify Middleton and Bognor HC of any changes to the medical information provided. Furthermore, in the event that of injury I give my permission for my son/daughter\* for the team managers/coaches appointed by Middleton and Bognor HC to obtain emergency medical treatment.

Signed:	Date:	Relationship:

Please complete and return to the Coach

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**Under 18 member consent (to be completed by PARENT or LEGAL GUARDIAN)**

It is a requirement of Middleton and Bognor HC policy that parental/legal guardian consent is provided for participation, transportation and photography. The Middleton and Bognor HC Members Code of Conduct and Safeguarding and Protecting Young People Policy is available from the Junior Coach. Please delete as appropriate where indicated by a \* then sign and date at the bottom.

**Childs Name:** \_\_\_\_\_

**TRANSPORTATION:** I consent to my son/daughter\* travelling to venues for matches and training, in transport provided by the club, which may include travelling in other players' private cars.

**PHOTOGRAPHY:** In some environments, particularly adult competition it is impossible to control photography by external parties. However, I am aware that there may be times that photographs and/or footage may be taken during matches and training sessions by approved agents and/or officers of Middleton and Bognor HC. Such images shall only be used for publicity/training purposes in accordance with the Middleton and Bognor HC Safeguarding and Protecting Young People Policy and Photography Policy and I give consent for my son/daughter to feature in such photos/images. I hereby only grant approved agents the right to use the images resulting from the photo/film shoots. This includes any reproductions or adaptations of the images for all general purposes, e.g. local newspapers, local magazines, other promotional articles (including flyers) and the club's website.

Signed:	Date:	Relationship:

Please complete and return to the Coach

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## **SAFEGUARDING AND PROTECTING YOUNG PEOPLE IN HOCKEY**

**Middleton & Bognor HC adopts England Hockey's Safeguarding and Protecting Young People in Hockey Policy and works in accordance with the following statement:**

Middleton & Bognor HC is committed to creating and maintaining a safe and positive environment for all young people involved in hockey. It accepts its responsibility to help safeguard the welfare of all young people and protect them from poor practice, abuse and bullying.

Every individual and organisation within the Hockey Family has a role and responsibility to help ensure the safety and welfare of young people.

Middleton & Bognor HC as a provider of opportunities for young people in hockey accepts that we are required to fulfil our duty of care, which means that we must do everything that can be reasonably expected of us to help safeguard and protect young people from any reasonably foreseeable harm.

A comprehensive copy of the policy document can be obtained from the junior coach or by accessing the website at [middletonandbognorhc.co.uk](http://middletonandbognorhc.co.uk)

As part of our policy, please ensure your son/daughter has read the junior rules, we do not wish to disappoint children who turn up to train, but, if your son/daughter does not wear a gum shield or shin pads, they will not be allowed to train. We always try to avoid accidental injuries, but hockey is a contact sport and children can easily hit hockey balls at over 30mph, and the sticks are much harder to dent than your children!

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## YOUNG PERSON'S GUIDE

### What can I expect from the Middleton & Bognor HC?

Middleton & Bognor HC will have:

#### **A membership scheme**

This will be explained to you when you arrive at the club.

You will receive information on how much this will cost, kit you will require, rules of the club, when training sessions are and match information.

#### **Qualified coaches**

The coaches understand and know how to help you play the best hockey you can.

#### **Volunteers**

Any adult working within the club will have been on training to ensure they know how to support and look after you.

The club will have a First Aider, Team Managers and a Welfare Officer. Make sure you know who these people are and introduce yourself to them.

#### **Rules**

The game of hockey has rules, which you will learn as you play.

The club has rules, which you will also learn. For example, one rule is that junior members are not allowed to smoke. These rules are there for your safety and are not to be broken.

#### **Opportunities for you to play**

There will be teams and squads of boys and girls your own age. You will get to know them and learn how to play hockey with them.

#### **Matches and competitions**

There will be a chance for you to train and play in your club team against other clubs.

#### **Anti-bullying policy**

This clearly states how the club will deal with any situations of bullying, either adult to young person or young person to young person.

#### **Safeguarding and Protecting Young People Policies and Procedures**

These provide the club with ways of ensuring that you are safe and enjoy your hockey.

#### **Codes of Conduct and Behaviour**

These clearly state how members must act towards you and support you. This includes coaches, volunteers, officials and parents.

### What does Middleton & Bognor HC expect from me?

#### **Code of Conduct**

- They will give clear messages on how they expect you to behave.
- This may be in the form of a Code of Conduct.
- The Code of Conduct will clearly state what is OK and what is not OK. For example:
- Junior members are not permitted to smoke
- Junior members are not permitted to drink alcohol

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## Junior Training Rules

### **Come to training:**

Changed and ready to start (tracksuit bottoms, long socks, t shirt, warm top, waterproof top)

Make sure you have your gum shield, shin pads, gloves and trainers or astro's (trendy plimsolls are no good for hockey)

**NO GUMSHIELD or SHIN PADS – NO GAME!**

Bring a drink

Make sure you have at least **3 layers and a hat**, it can be cold and wet in winter and you're outside!

If a coach is talking, then we ask that you don't

If the whistle blows – stop what you are doing and stand still

Do not swing your hockey sticks around (they hurt when in contact with humans!)

Try your hardest

Show respect to your team-mates and coaches

And above all HAVE FUN!

You have the right to:

- Have fun when playing hockey
- Be safe when playing hockey
- Enjoy your hockey
- Make friends through hockey
- Be treated with respect by adults and other young people involved in hockey

If you have any worries or concerns about anything to do with hockey, who is coaching you, or if anyone in hockey is making you unhappy or worried in any way then you can talk to your club welfare officer in confidence.

### **Who can I talk to?**

Talk to your Welfare Officer.

Paul Arkle

07710 457411 / 01243 584385

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## PARENT/LEGAL GUARDIAN GUIDE

**These guidelines provide you with key information when selecting an opportunity for your child in hockey. They provide you with ideas of questions to ask, and ensure that both you and your child understand the way the Middleton & Bognor HC works, and your roles and responsibilities.**

### **What can we expect from the Middleton & Bognor HC?**

- A friendly welcome, an opportunity to meet new friends and to participate and watch hockey
- Opportunities for your child to have fun and develop their skills as much as they want to
- A safe environment
- Qualified coaches and responsible volunteers
- Relationships based on trust, honesty and respect where your child is valued and listened to
- Your child's welfare and safety is paramount
- Members will recognise your child's rights, whatever their age, gender, culture, ability, language, religious belief, racial origin, and/or sexual identity
- Opportunities for you to get involved
- Safeguarding and Protecting Young People Policy and Complaints Policy are available for you on request
- Clear lines of communication with you about your child, fixtures, training and events
- Appropriately trained to work with young people

### **What does Middleton & Bognor HC expect from my child?**

There is a guide for young people which details expectations, which include:

- Fair play
- Listening to the coaches
- Adherence to the young people's code of conduct and behaviour
- Adherence to the rules of the game and rules of Middleton & Bognor HC

### **What does Middleton & Bognor HC expect from me?**

They expect you to...

- Ensure that your child is dropped off and picked up promptly from the venue
- Contact the organisers if you are running late to collect your child
- Adhere to the rules of Middleton & Bognor HC
- Adhere to the codes of conduct, in particular the Parents' Code of Conduct
- Accept the guidance that coaches provide and umpire's decisions within matches
- Use appropriate language at all times
- Stay off the pitch during training and matches
- Never force your child to participate
- Provide emergency contact details and any relevant information about your child including medical history.

### **Middleton and Bognor HC would like you to:**

- Become involved as much as possible
- Support the coaches by ensuring your child enjoys their hockey and plays within the rules of the game
- Encourage fair play
- Encourage your child to recognise good performance, not just results

If you have any concerns regarding your child(ren's) welfare then please report your concerns to the Club Welfare Officer or to the coach.

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## Other bits you need to know!

Coach: Rachel McCartain  
01243 586635 / 07985 917767  
[rachelmccartain@talktalk.net](mailto:rachelmccartain@talktalk.net)

Rachel qualified as a Level 2 hockey coach in 1994; she currently plays for the Ladies team at MBHC in Sussex Div 2 although in her youth she played at County level and the Sussex Premier League. Rachel originally coached the MBHC Juniors, until she took some time out to have a family.

The Club has Public Liability Insurance under the England Hockey scheme. A copy of the policy is available from the Coach.

## Equipment

**All children will be expected to wear a gum shield and shin pads. They will not be allowed to train unless they are wearing them.**

Teeth are precious and we don't want to return any teeth to parents minus their owners!

Shin pads – please ensure your child comes to training wearing full-length shin pads that include ankle protection. Hockey shin pads are best as they absorb the impact of a stick or ball more effectively – so it hurts less! Football shin pads with plastic inserts are not recommended as these can break.

Hand guards – These protect fingers and knuckles from the surface of the astro and are recommended.

Sticks – The club will be able to provide some sticks for your children to use, however if you choose to purchase one, a lighter weight stick is better for juniors. It should reach your child's hip height.

Equipment can be purchased from any good quality sports store although MBHC has contacted a local store **WINNERS** who will stock these for you.

Junior Shin pads - £9.75  
Hand Guard - £7.25  
Gum shields - from £2

Winners Sports, 87 Barrack Lane, Bognor 01243 267121