

AGE GROUP HELPER

Where do I go when I arrive?

Please go to the 'Parent Duty Sign In' desk and collect a yellow bib for the appropriate age group. At 5.55pm all competitors and age group helpers make their way down to the track and line up next to the water trolley for their age group.

What is expected of me on the night?

Ensure your Age Manager has signed your name off on the duty register.

Your role is to assist the Age Manager with:

- the supervision of athletes,
- raking/measuring/being the spiker at the end of the long jump pit,
- spotting/measuring throws,
- accompanying groups of athletes to the toilet.
- and by giving lots of encouragement during events.

Supervision is particularly important in the younger age groups. Age Managers will rely on you to help ensure the athletes stay off the track, stay away from throwing areas, keep fingers out of the discus cages, don't climb the stairs at the end of the straight track, stay with the age group etc.

Unfortunately, there are instances such as throwing and jumping events where there is a lot of waiting around. Games such as 'duck duck goose', 'heads down: thumbs up', 'broken down telephone' are great for entertainment while waiting. Don't worry if you're not familiar with these, the kids are always eager to suggest games and share the rules!

When can I leave?

Your Age Manager will let you know once all events are completed. In younger age groups they may need you to accompany athletes to a meeting point where they can be collected by their parents. In the event of needing to leave before the competition ends, please do not leave your duty, or take your child, without informing the age manager first.

Please return your yellow vest to the parent duty sign in desk and place it in the appropriate age box.

Tiny Tots

Tiny Tots take part in non-competitive fun events each week. Your role as an age group helper is to:

- Assist with the supervision of the children, ensuring they stay in lines when required and off the track.
- Provide lots of encouragement: cheering from the start or end of lanes.
- Set up mini hurdles and other equipment as necessary, following the direction of the Age Manager.



CANTERBURY
LITTLE ATHLETICS

DUTY DESCRIPTION
