

# East Lothian Athletics Strategy 2022-2025



*Building Athletics as an inclusive and lifelong sport in East Lothian.*

**In partnership:**

Team East Lothian

Musselburgh and District Athletics Club

Dunbar Junior Running Club

Haddington Running Club

**enjoy**leisure

East Lothian Council

**scottish**athletics

Prepared by Juliet Gold, Athletics Development Officer on the 02/03/2022.

**Vision: Building Athletics as an inclusive and lifelong sport in East Lothian.**

Our vision is for Athletics to promote a welcoming, inclusive and safe environment which provides opportunities for ALL to thrive. An environment where quality coaching is accessible and communication is transparent. Where partners support and encourage each other to increase participation in Athletics and further develop the Athletics pathway across East Lothian. To play an integral role in developing Athletics in Scotland.

**Values:** Welcoming, Inclusive, Engaging, Inspiring, Respectful, Equality driven, Accessible.

**Culture:** Providing opportunities, promoting physical and mental health, developing people (volunteers, coaches and athletes), effective communication, support one another, a place where friendships are created and thrive.

**Aims:** To increase and develop the number of coaches and volunteers involved in Athletics.

To increase the number of children who participate in Athletics.

To increase the number of adults participating in Athletics.

To create a clear pathway from RJT/School/**enjoy**athletics to club Athletics.

To increase the variation of Athletics available in East Lothian.

To provide adequate competitions for athletes in East Lothian.

**Aim: To increase and develop the number of coaches and volunteers involved in Athletics.****Success measures**

- Volunteer award scheme up and running with at least ten volunteers enrolled.
- A 16% increase in the number of coaches (from current 44 coaches to 51 coaches).
- Three successful deliveries of the Leadership in Athletics course.

Action	Responsibility of
Create and roll out an East Lothian Athletics volunteer award scheme.	ADO, Clubs
Approach university students and inform them of the volunteer award scheme, encourage volunteering/coaching.	ADO, Clubs
Approach school pupil's parents to encourage them to help run school clubs or assist at RJT sessions.	ASC
Continue to pay for coaching courses for potential coaches.	Clubs
Organise for ScottishAthletics Leadership in Athletics course to be delivered bi-annually (demand dependent) to potential coaches such as parent helpers, senior athletes.	ADO, SA
Run open evenings for potential coaches, parent helpers, school club leaders and anyone else who is interested, to attend and shadow track/field/jog sessions where a coach is present to answer any questions.	ADO, Clubs, ASC, EL

**Aim:** To increase the number of children who participate in Athletics.

### Success measures

- Athletics sessions running in at least two **enjoy**leisure facilities.
- Each Run Jump Throw session running at 75% capacity (15/20 spaces filled).
- Team sport sessions running with at least 50% capacity (6/12 spaces filled).

Action	Responsibility of
The return of speed for team sports sessions.	ADO, Clubs, SDO's, ELC
Coaches provide a taster RJT session in schools to encourage sign ups at the club RJT sessions	Clubs, ASC
Introduce and run athletics sessions for aged 2-6 year olds in <b>enjoy</b> leisure facilities.	ADO, EL
Run 'come and try' events for different age groups.	ADO, Clubs, EL
Increase the number of children attending RJT sessions.	ADO, Clubs
Support school with running athletics/running clubs where possible.	ADO, Clubs

ADO = Athletics Development Officer. SDO = Sports Development Officers. ASC = Active school coordinators. SA = **scottishathletics**. EL = **enjoy**leisure. ELC = East Lothian Council.  
Clubs = TEL, MaDAC, DRC, HRC.

**Aim:** To increase the number of adults participating in Athletics.**Success measures**

- Team sport sessions running with at least 50% capacity (6/12 spaces filled).
- Successful completion of one Couch to 5k course per year.
- Successfully run three 'Come and try events'.
- Increase in the number of Run-Fit classes from 1 to 4 across **enjoy**leisure facilities.

Action	Responsibility of
The return of speed for team sports sessions.	ADO, Clubs, SDO's, ELC
Run a 'come and try' event for adult track and field sessions, gauge if there is interest in any aspect becoming a regular session.	ADO, Clubs
Run 'come and try' events to clubs – clubs and jog <b>scotland</b> groups.	Club
Run couch 2 5k event.	Clubs
Identify and train Leisure Assistants to coach run-fit classes.	ADO, EL

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**Aim:** To create a clear pathway from RJT/School/**enjoy**athletics to club Athletics.

### Success measures

- RJT sign ups from school taster sessions and **enjoy**athletics programme.
- Development and regular updating of the East Lothian Athletics Website.

Action	Responsibility of
Develop athletic sessions for young children in <b>enjoy</b> leisure facilities which can then feed in to RJT sessions.	ADO, EL
Run taster RJT sessions in schools and encourage sign up to club RJT sessions.	ADO, Clubs
Develop the East Lothian Athletics website to include information about all athletics in East Lothian.	ADO, Clubs
<b>enjoy</b> leisure add links to the East Lothian Athletics website to their website to direct traffic.	ADO, EL
Clubs hold information sessions (in person or virtual) for those interested in joining club/RJT sessions.	Clubs

**Aim:** To increase the variation of Athletics available in East Lothian.

### Success measures

- Athletes regularly participating in training for wheelchair racing and/or seated throws.
- Opportunities for adults to attend track and field sessions.

Action	Responsibility of
Organise training for coaches to allow them to coach wheelchair racing, seated throws, and potentially guide running.	ADO, Clubs
Offer coaches the opportunity to start pole vault training, in order to start a training group.	Clubs
Start Athletics track and field sessions for adults.	ADO, Clubs

**Aim: To provide adequate competitions for athletes in East Lothian.****Success measures**

- At least one TEL open graded to include an unofficial race.
- TEL open graded to included full range of disability athletics (demand dependent).
- East Lothian summer series resurrected.
- The successful implementation of an East Lothian Athletics league with at least four out of the six secondary schools participating.

Action	Responsibility of
Include unofficial races as part of the TEL open graded for people who are not registered to a club, to try competition.	TEL, ASC
Include Wheelchair race and club throw in open graded.	TEL
Return of the East Lothian summer series.	Clubs
Develop an East Lothian schools Athletics league.	ADO, ASC



**Aim: To support diversity and inclusivity within Athletics in East Lothian.**

**Success measures**

- Inclusive registration forms included in sign up for all clubs/RJT/**enjoy**leisure athletics.
- Clubs actively take part in at least two inclusive/diversity campaigns each year.
- Successful running of two Scottish Athletics Inclusive Sport Workshop in East Lothian. Including at least two representatives from each club.
- Successful training for coaches on autism awareness.
- RJT session for children with ASN up and running once per week.

Action	Responsibility of
Assess potential for RJT sessions specific for children with ASN.	ADO ,Clubs
Roll out East Lothian Inclusive registration forms.	ADO, Clubs, ASC
Support inclusive campaigns.	All
Creation of a calendar with inclusive campaign dates/months noted.	ADO

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Hold a joint frame running session for multiple frame running groups.	ADO
Organise for Scottish Athletics to run their Inclusive Sport Workshop to be attended by those involved in athletics in East Lothian.	SA, ADO, EL
Training for coaches on how to work with children who have autism.	ADO, Clubs, ASC, ELC
Ensure all clubs have up to date and appropriate inclusive policies in place.	ADO, SA, Clubs

### Additional

Action	Responsibility of
MaDAC to turn obtain SCIO status.	SA, MaDAC
Dunbar Juniors to obtain SCIO status.	SA, DJRC
Move forward with regards to facilities in Dunbar. SA to publish facilities strategy soon which hopefully will give guidance and information to progress.	SA, ELC, ADO, EL, Clubs
Move forward with regards to an indoor facility in East Lothian.	ELC, ADO, EL, Clubs