



# TRAINING POLICY

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Training, whilst not compulsory, is recommended for athletes of all ages. At training sessions our qualified coaches will teach athletes correct throwing, jumping and hurdling techniques. Details of training sessions can be found on the website [www.gglac.org.au](http://www.gglac.org.au).

Athletes may not be left at GGLAC training sessions without appropriate adult supervision. Parent participation is required at all training sessions, please refer to the guidelines for parent participation policy for further information.

If the temperature is 35 degrees or higher on the Bureau of Meteorology website for Parafield, <http://www.bom.gov.au/sa/observations/adelaide.shtml>, one hour prior to the commencement of the training session, it will be cancelled. Where possible, notification will be posted on the website [www.gglac.org.au](http://www.gglac.org.au) and on our Facebook page.

If you require any further information on training or coaching, please speak to our Coaches Coordinator or any Committee Member.

Further information on coaching opportunities within the Centre can be found in the coaching policy.

## **Review**

This policy will be reviewed annually by the Committee.

Policy developed: Sep 2015

Policy reviewed without change: Sep 2016, Sep 2017, Sep 2018, Feb 2020, Jun 2021

Date for next review: Jun 2022