



ABN 17 738 456 722 www.mbdlac.org.au

# A Guide for Parents

We appreciate that life can be busy and you may have a number of children at our centre.

There are however a number of important roles parents and guardians must play to ensure that the centre is capable of running weekly events, the Committee cannot do it alone

Child safe legislation in Australia requires appropriate supervision of children at all times and parents and guardians have a significant role to play in this so hanging around and supporting your child/children

We have compiled this guide to provide you with some tips to help you help us along the way.

# BBQ Cooks and servers (min 3-4)

Cook the BBQ and serve food and drinks otherwise people will go to Bunnings for their snag and bread, I don't know anyone that goes there for hardware!. The centre uses tokens to separate the food and money handling

#### Age Managers (Chaperones)

Wear the yellow Age Manager vest (most important! LOL) and ensure the athletes move around the centre to all the events safely whilst having some fun. *Refer to the Guide for Age Managers with each age group kit for more details.* 

### Age Manager Assistants – help record and manage events

Assist the yellow vest wearer by marking throws, taking measurements, raking sand pits (please no castles but chalking your hand and making handprints on your mates jumper is accepted, ah the good old school days!) and ensuring the athletes have fun too.

#### Starters

Bang! Oops, I forgot on your marks, set, Bang! Move around the main arena between the running events and coordinating with the time keepers to start the running races. AND you get a cool orange Starters vest and some spunky earmuffs too!

# Timers and Catchers

No it's not a Hogwarts game! But very important and very straight forward especially with the new timing gate. Just ensure the lane sticks are at the end of the lanes and the kids grab their lane sticks, I know I'll be grabbing Usain Bolts because he will be too busy signing autographs and forget his...and the new world record holder is me yay!!!!

All fun and giggles aside we seriously need your help in order for centre meet nights to run smoothly and all these positions need to be filled. You do not need to have any prior experience before volunteering, we will assist and train you. Please come forward quickly and choose a position so we don't have to hold up the night, FYI the committee like the sound of their own voice over the mic!!

Volunteering is a rewarding activity and valuable time to spend with your child(ren).