**FAQ**

**What time should I get there?**

Registrations open at 8.30am, so any time between 8.30am and 8.50am is fine. We will start at 9:00am sharp.

**What should I wear?**

Wear what you would normally wear to athletics training – comfortable clothing and joggers, T-shirts will be distributed on registration. Also be sure to pack wet weather gear and something warm if the weather doesn’t look good.

**Do I have to choose different events each day?**

No. You can choose the same four events or different events, the choice is yours. Please note similar session will be covered on each day so their skills can be practiced.

**What if my child needs medication on the day?**

If your child has any medical conditions such as asthma, anaphylaxis or epilepsy, or requires any medication to be administered during a program by a staff member, you must ensure “Permission to Administer Medication Form” has been completed and submitted. Note: there will be a first aid staff member at each clinic.

**What is the refund/cancellation policy?**

Refunds available upon presentation of Doctors medical certificate. No other refunds will be given.

**What happens if I’m running late dropping off my child to a program?**

You must first report to a staff member and then escort your child to the activity location.

**What happens if I’m running late to pick up my child from a program?**

Please contact us as soon as possible. There are fees for late pick up of $15 per child for every 15 minutes. This fee is billed in 15 minute increments and payable at the time of collecting the child.

**What does my child need to bring to each lesson?**

Children attending should bring a hat, sunscreen, sports shoes (and any spikes/throwing shoes if they have them), a drink bottle, morning tea and lunch. We can supply additional sunscreen and water, but do not supply any food during programs. Please do not bring any athletics equipment such as discus, javelin as we will supply all equipment needed.

**Which types of spikes are allowed?**

The only spikes permitted for use on the track are the Christmas tree and Pyramid shape variety as pictured. The composition of the spike, i.e. ceramic or metal, is irrelevant and will not be monitored. Track spikes must not exceed 7mm. Field spikes must not exceed 9mm except for javelin & high jump which must not exceed 12mm

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