

## AAC Committee Meeting: Tuesday 22<sup>nd</sup> February 2022

### 1. First Aid

- a. Dan has arranged for Dave Higson to provide First Aid cover for all 2022 AAC organised races. Each RO will coordinate with Dave directly for their race. An alternative person will be needed for 2023 races, so please put feelers out; Helen B will speak to a contact at MRT in this regard.
- b. We also have a First Aid kit with Dave; this will come back to us at the end of 2022 and might some items renewing. Some RO's might prefer to just have a 1<sup>st</sup> Aid Kit at Race Control, as there is no requirement from FRA to have a qualified First Aider present at races.

### 2. Healthy Hearts and running

- a. The club now has the use of a Defib for our races. Each club RO needs to be trained on how to use it, and each RO will also decide where / how it is deployed at their races. **ACTION: Chris G will inquire about training.**
- b. Heart screening was acknowledged as potentially playing a vital role in identifying any under-lying heart conditions in younger athletes. Each screening costs approx £80 so the Club won't fund screening of all our Juniors (est cost £5,000) but instead we will send info to all parents on the benefits of heart screening, so they might choose to take this up if they wish to. **ACTION: Chris H will draft.**

### 3. Transport to Champs races: we have a policy already in place for this where the Club will assist in funding runners to attend Champs races. **ACTION: Can Chris G send the guidelines to all Club Captains as a reminder.**

### 4. Club vests: have now been ordered. Michelle will hold the new stock for members to call off as & when they have arrived. They should be in-stock by mid-March latest. Michelle will post details on facebook and liaise with Charlie to communicate elsewhere. **ACTION: Charlie to link in with Michelle on Comms.**

### 5. Juniors update: Niki gave an update on the progress of our thriving Junior section. In addition:

- a. The requested integration of Broughton Juniors into AAC has not been completed as planned. **ACTION: Chris G to discuss with Lecky Thompson**
- b. We are hosting & organising the English Champs Junior race on 7<sup>th</sup> May. **ACTION: please keep this date free to help out if you are able to.**

### 6. Communications update: Charlie gave an up-date on our much-improved Comms across the various media channels and was congratulated on the progress he has made. Members should continue to feed content to Charlie. **ACTION: Charlie also to**

**communicate to all members when each Newsletter is issued in case they have gone into 'Junk'.**

7. **Langdale Gala:** is no longer taking place so we will not be organising this race in 2022.
8. **Training update:** all training sessions are incredibly well attended and thriving.  
Couple of bits to mention:
  - a. Jack wants to continue with the Thursday Track sessions into the spring & early summer and it may require some additional funding for floodlights etc. This was agreed. **ACTION: Niki to send contacts for the Track across to Jack.**
  - b. Our monthly Sunday club social runs (next one Sunday 6<sup>th</sup> March) will have 3 organised groups from now on (Chris H, Dan, and Ben/Jack to lead).
9. **Social Events:** our first club Social took place on Monday 21<sup>st</sup> Feb in Ambleside. The next one will be at Wilf's Café in Staveley after Tuesday training run, probably in late-March / early April. **ACTION: Sarah to circulate date & details when confirmed.**
10. **Dave & Roger BG Relay:** Helen updated on progress. Currently three teams have so far been confirmed (Oldies group, Ladies Vets, Ladies team) but there needs to be more to make the event a success (we are also expecting at least one Senior Men's team, a Men's Vet team, and Jim Tyson is also Captaining a team). **ACTIONS:**
  - a. **Please can anybody wishing to be a Team Leader contact Helen Barnes asap**
  - b. **Comms need to pout out to all Club for anybody wishing to run any leg to come forward so Team Leaders can allocate legs.**
  - c. **Chris H to send a contact for marquee hire to Helen (done)**
11. **AOB:** Dan confirmed he will be standing down as Chairman after 4 years at the end of 2022. We will need a replacement for him.... which won't be easy!

Minutes by: Chris Hodgson (Secretary)