



# Orkney Athletic and Running Club



## VOLUNTEERING

Orkney Athletic and Running Club is run by Volunteers. The success of the Club now and in the future relies upon the goodwill of our club members, their families and our local community.

We need support from parents/adults to ensure that the Club continues to cater for our growing number of athletes.

The Club welcomes and values all volunteers, providing support and training and trying to give volunteers experiences which match their talents, interests and lifestyles.

The following list highlights the main areas where help is regularly needed. Please indicate all those which you feel you could help with, or which you would be willing to be contacted about for further discussion.

|   |  |
|---|--|
| <b>Help the Coaches</b><br>This can be as an informal parent helper on Club nights, but the Club can also arrange UKA coach education courses as well as more informal training |  |
| <b>Help with Competitions</b><br>Setting up equipment, assisting Coaches and Officials, helping event organisers (refreshments, tent erection, etc)                             |  |
| <b>Train to be a First Aider</b><br>The Club may be able to fund training   |  |
| <b>Help with Club Fundraising</b><br>Assist with fundraising efforts, eg. Bagpacking, Blue Door, Raffles, etc   |  |
| <b>Help Officiate and Run Events</b><br>Duties include timekeeping, measuring distances, recording results, etc. Training will be provided                                      |  |
| <b>Help with Club administration and finance duties</b><br>Crucial, behind the scenes work to keep the Club running smoothly  |  |
| <b>Help with Website Maintenance and Development</b><br>Do you have the technical and design skills to help out?  |  |
| <b>Help promoting the Club</b><br>Through Club newsletters, flyers and gaining press coverage   |  |
| <b>Joining the Club Committee</b><br>Like most Clubs, we have a hard working Committee, but are always on the look-out for new people to share the workload                     |  |
| <b>Any other skills that you can offer?</b><br>Please specify:  |  |

|                 |  |
|-----------------|--|
| <b>Name</b>     |  |
| <b>Home Tel</b> |  |
| <b>Mobile</b>   |  |
| <b>Email</b>    |  |

Signed \_\_\_\_\_ Date \_\_\_\_\_

Completed forms should be returned to the Communications Officer ([communications@orkneyarc.org.uk](mailto:communications@orkneyarc.org.uk)) any Trustee.

**“Nobody can do everything, but everyone can do something”**