



Farnham Park  
Bangor  
County Down  
BT20 3SR

# Welcome to Bangor Lawn Tennis Club

## Family and Junior Membership



# **WELCOME TO BANGOR LAWN TENNIS CLUB**

## **Club Facilities**

- 6 Artificial grass courts (3 floodlit).
- All year round play, weather permitting.
- Club House with changing facilities and showers, catering facilities, lounge and function room.

## **Club Membership**

We have a diverse membership of varied abilities with ages ranging from 4 years to 80 years. Bangor Lawn Tennis Club is committed to ensuring that equity is incorporated across all aspects of club membership. A copy of our Equity Policy can be seen on the club house noticeboard.

## **Club Sessions**

Members of all abilities are welcome to play in the sessions listed below. The purpose of a club session is to provide social tennis in a doubles format.

<b>Day</b>	<b>Time</b>	<b>Club Session</b>	<b>Number of Courts</b>
Monday	7.00pm to 9.00 pm	Adult Members (and invited Juniors)	6 (3 floodlit)*
Tuesday	9.30 am to 12.30 pm	Men Only	3
Wednesday	9.30 am to 12.30 pm	Ladies Only	3
	6.30pm to 9.00 pm	Adult Members (and invited Juniors)	6 (3 floodlit)*
Friday	5.30pm to 7.00pm	Junior Club	3
Saturday	9.30am to 2.00pm	Junior Club - check notice board for times for each Age Group	Normally 5 available
	2.00pm pm to 5.00 pm	Adult Members (and invited Juniors)	See notice-board

\*Throughout the year there may be home matches which will affect the number of courts available during a club session. Details of any potential disruption will be shown on the On-line Court Booking system.

Balls are provided by the club for all club sessions.

## **Use of Courts outside Organised Club Activities**

Members can use the courts outside the club sessions outlined above. Courts are also used for coaching, matches and tournaments. The on-line Court Booking system available through the Club's website has full details.

Members are welcome to use the courts for singles or doubles. During such play, members should note the following:

- The new online booking system will clearly ensure that players can book in advance and be assured of a court - you can book a court for up to 90 minutes.
- Members must provide their own tennis balls.
- Please use the lights responsibly and turn them off when not in use

### [On-line Booking System - Acebook](#)

The system is easily accessible, through our website - <http://www.bangortennis.org.uk> You can also book courts through the 'tablet' we have installed in the Clubhouse. (though you cannot register from this or cancel courts from the tablet).

You can check quickly what courts are in use, if any competitions or special events are on and, of course, book your court. **Members can book courts up to 8 days in advance** (with two bookings during peak periods 6.00pm to 9.00pm) and currently no restrictions at other times. The Committee believe this will provide a fairer system and greater transparency for all members.

You must register first - please do so ASAP through the Acebook website - you need to have your registration validated before you can actually book. Please remember your User Name and Password (both are case sensitive).

There are instructions on how to book a court beside the 'tablet' in the Clubhouse - but please note you cannot register from the tablet (and you cannot cancel a court from the tablet). It is fairly straight forward.

Please also note that **when you arrive to play you must 'Check-in' on the Clubhouse tablet.**

If you are down at the Clubhouse during a Club session ask a Committee member for help if you want a quick introduction.

### [Court Keys / Club House Access](#)

- A member over 12 years old may obtain a court key on deposit of £3.50. A parent/guardian of a junior member under 12 years of age may also obtain a key to be used by the parent/guardian.
- An adult member (18 years and over) may obtain a swipe card (allowing access to the club house) on deposit of £10.

### [Leagues and Competitions](#)

We enter teams in various Belfast and District leagues and cup competitions. If you are interested in participating, watch the notice boards or look at the club website.

We also have a men's singles ladder, a club championship tournament and various social tournaments.

### [Junior Club](#)

A supervised Junior Club is available for all junior members, organised in two separate age groups (under 12 years old and 12 – 17 years).

The Junior Club provides the children with the opportunity to play matches and put into practice all the skills learned in coaching sessions. In club sessions the children are taught how to score and are encouraged to learn the etiquette of the game from a very early age.

Currently the Junior Club meets on a Friday 5.30pm-7.00pm and on a Saturday morning there are various Junior Club and coaching sessions for different age groups between 9.30am and 2.00pm - check Clubhouse notice board for more details.

Junior teams are entered into the league at Under 14 and Under 18 level and the younger children have opportunities to play friendly matches with other clubs.

We also host the North Down Junior Championships, sponsored by Wilson Nesbitt Solicitors, which attracts junior players from all over the province. There is also an introductory mini - series event for younger players.

### Coaching

There are lots of coaching opportunities for both adults and juniors. Our coaching is provided by Bangor Tennis Academy and details of current courses are available on the Academy website ([www.bangortennisacademy.co.uk](http://www.bangortennisacademy.co.uk)) or from the club coach Tim Blomley (07542 920 293).

We have a very successful "Pay As You Go" programme for members and non-members who wish to build up their skills and confidence before venturing along to club sessions. These are organised by the club coach one evening during the week.

The junior coaching programme gives youngsters the opportunity to maximize their potential, which may be all the way to national level or enthusiastic club member. It also gives juniors a chance to acquire skills that will stay with them for life.

### Social Activities

The club organises social events throughout the year and details are posted on the club notice-boards, club website, Facebook page and twitter account.

### Visitors

- Visitors are always welcome at the club.
- A visitor must pay a court fee of £5 per visit for an adult (18 years and over) and £2.50 for a junior (under 18). The fee should be put into the envelope available in the club house and the visitor's details, name and date of visit, and the member's name should be written on the envelope.
- A visitor may play six times in a year. If he / she decides to join the club, the money already paid will be deducted from their membership fee.
- A visitor may use all of the club's facilities and join in club sessions.
- Members are responsible for the behaviour and safety of their guests at all times and all visitors have a responsibility to adhere to the rules of the club.
- A prospective member may play on a trial basis before joining.

### Club Rules, Bye-Laws and Policies

- A copy of the Club Rules / Constitution is available in the club house and on the club website.
- We have a few gentle rules that, if followed, allow all members to enjoy their tennis and time at the club. The Club Bye- Laws are displayed on a notice-board in the club house and on the club website.
- For all policies that are in place at Bangor Lawn Tennis Club please see the club website or the notice-boards in the club house.

### [Further information](#)

**Club website**                      [www.bangortennis.org.uk](http://www.bangortennis.org.uk)  
**Facebook page**                    [www.facebook.com/bangorltc](http://www.facebook.com/bangorltc)  
**Twitter**                                @BangorLTC  
**Club house notice-boards**

### [Contact us](#)

The club is managed by the Management Committee elected by the members at the AGM in September.

If you have any ideas, queries or concerns, please come and talk to any member of the Committee (see club house notice-board for photographs and contact details of all committee members).

You can email us at [info@bangortennis.org.uk](mailto:info@bangortennis.org.uk).

If you have any queries about membership, email [membershipsec@bangortennis.org.uk](mailto:membershipsec@bangortennis.org.uk).

### [Child Protection and Codes of Conduct](#)

Bangor Lawn Tennis Club is fully committed to the well being of all its members and, to ensure that best practice is followed by this club, we work closely with Ulster Branch Tennis Ireland (UBTI).

To this end there are a number of Codes of Conduct that we require Parents/Guardians, Junior players and Coaches/Volunteers to sign and adhere to.

Copies of the codes follow. You will be asked to sign the relevant code. Please read them carefully.

The club has two adults members who are specifically responsible for young people. They are:

Pamela Rothwell                      Contact Number – 07747108497  
James Mavitty                         Contact Number – 07771573149

### [Junior Club Secretary](#)

To be confirmed.



## BANGOR LAWN TENNIS CLUB

### CODE OF EXPECTATIONS FOR PARENTS/GUARDIANS

#### PARENTS/GUARDIANS ARE EXPECTED TO:

- Positively re-enforce their child/young person and show an interest in their chosen activity. Support your child's involvement and help them to enjoy their sport.
- Do not place their young person under pressure or push them into activities they do not want to do.
- Complete and return the Health and Consent Form pertaining to their child's participation with Bangor Lawn Tennis Club (see parental consent).
- Deliver and collect the child punctually to and from coaching sessions/matches.
- Ensure their child is properly and adequately attired for the weather conditions of the time, including shorts, shirt, socks, tracksuit, sweat-tops, hat, gloves, etc. (insert sports specific requirements)
- Ensure that proper footwear and protective equipment are worn at **ALL** times in accordance with Health and Safety Regulations. Any child not in possession of the fundamental requirements will not be permitted to participate.
- Detail any health concerns pertaining to the child on the consent form, in particular breathing or chest conditions. Any changes in the state of the child's health should be reported to the coach prior to coaching sessions.
- To inform the coach prior to departure from the field of play if child is to be collected early from a coaching session.
- Encourage their child to play by the rules and teach them that they can only do their best. Help your child to recognise good performance, not just results.
- Set a good example by recognising fair play and applauding good performances of all.
- Behave responsibly on the sidelines; do not embarrass your child.
- Never punish or belittle a child for losing or making mistakes.
- Use correct and proper language at all times.
- Encourage and guide performers to accept responsibility for their own performance and behaviour.
- Show appreciation and support the coach.
- Ensure their child is punctual.
- Be realistic and supportive.
- Provide their child with proper clothing and equipment.
- Ensure their child's hygiene and nutritional needs are met.

- Accept the official's judgement.
- Acknowledge the importance and role of the club coaches who provide their time free to ensure children's participation in the club.
- Promote their child's participation in playing sport for **fun**.

**PARENTS/GUARDIANS HAVE THE RIGHT TO:**

- Know their child is safe.
- Be informed of problems or concerns relating to their children.
- Be informed if their child is injured.
- Have their consent sought for issues such as trips.
- Contribute to decisions within the club.
- Complain if they have concerns about the standard of coaching.

Any misdemeanours and breach of this Code of Conduct will be dealt with immediately by an official of Bangor Lawn Tennis Club. Persistent concerns or breaches will result in the parent/guardian being asked not to attend games if their attendance is detrimental to the child's welfare.

The ultimate action should a parent/guardian continue to breach the code of behaviour may mean the ( ) officials regrettably asking the child to leave the club.

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**Signature of Parent/Guardian**

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**Printed name of Parent/Guardian**

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**Date**



## BANGOR LAWN TENNIS CLUB

### CODE OF CONDUCT FOR CHILDREN/YOUNG PEOPLE

#### THE TENNIS PLAYER WILL:

- Play fairly and have fun
- Abide by the rules set down by team managers when travelling to away events
- Behave in a manner that avoids bringing the game of tennis into disrepute
- Respect officials and accept their decisions
- Talk to the children's officer if you have concerns
- Respect opponents and always shake hands at the end of a match
- Use his/her best efforts in competitive matches
- Refrain from the use of bad language and inappropriate gestures
- Refrain from ball/ racquet abuse
- Refrain from the use of coaching during competition
- Never use unfair or bullying tactics to gain advantage on or off the court
- Never use bullying tactics to isolate another player
- Never pass on gossip about another player or adult
- Never make false allegations about another player or adult
- Never keep secrets about anyone who has caused you harm
- Win with grace and lose with dignity

#### CHILD/ YOUTH MEMBER HAS THE RIGHT TO:

- Be safe
- Be listened to
- Be respected
- Privacy
- Enjoy your sport in a protective environment
- Be referred to professional help if needed
- Be protected from abuse by other member or outside sources.
- Participate on an equal basis, appropriate to your ability
- Experience competition and the desire to win
- Be believed
- Ask for help

**I have read the Tennis Ireland Code of Conduct above and agree to abide by the guidelines as set out in the code.**

Signature of Player \_\_\_\_\_

Print Name \_\_\_\_\_

Signature of Parent/ Guardian\* \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_

\*Please note that the person signing the parent/guardian section must ensure they have parental responsibility for the child.





## **BANGOR LAWN TENNIS CLUB**

### **CODE OF CONDUCT FOR COACHES AND VOLUNTEERS**

Coaches and volunteers involved in sport for young people have a great opportunity to be a positive role model and help build an individual's confidence.

#### **COACHES/VOLUNTEERS ARE EXPECTED TO:**

- Ensure the safety of all children by careful supervision, proper pre- planning of coaching sessions, using safe methods at all times.
- Consider the wellbeing and safety of participants before the development of performance.
- Encourage and guide participants to accept responsibility for their own performance and behaviour.
- Treat all young people equally and ensure they feel valued. Have no favourites.
- Encourage all children not to discriminate on the grounds of religious beliefs, race, gender, social classes or lack of ability.
- Not allow any rough or dangerous play, bullying, or the use of bad language or inappropriate behaviour.
- Appreciate the efforts of all young people and not over-train the young people. Never exert undue influence over performers to obtain personal benefit or reward.
- Be positive, approachable and offer praise to promote the objectives of the club at all times.
- Not let any allegations of abuse of any kind to go unchallenged or unrecorded if appropriate. Incidents and accidents to be recorded in the club incident/accident book. Parents will be informed.
- Report accidents or incidents of alleged abuse or poor practice to the designated person.
- Administer minor first aid in the presence of others and where required refer more serious incidents to the club "first aider".
- Have access to telephone for immediate contact to emergency services if required.
- Foster team work to ensure the safety of youth members in their care.
- Ensure the rights and responsibilities of youth members are enforced.
- Not abuse members physically, emotionally or sexually.
- Maintain confidentiality about sensitive information.
- Respect and listen to the opinions of young people.
- Take time to explain coaching techniques to ensure they are clearly understood.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.

- Be a role model, displaying consistently high standard of behaviour and appearance (disciplined/committed/time keeping), remember children learn by example.
- Refrain from smoking and consumption of alcohol during club activities or coaching sessions.
- Never condone rule violations, rough play or the use of prohibited substances.
- Protect themselves from false accusation:
  - Not spending excessive amounts of time alone with children away from others
  - Never taking children to their home
  - Not administering First Aid involving the removing of children's clothing unless in the presence of others
- Hold appropriate valid qualifications and insurance cover.
- Make the sport/activity **fun**.

**COACHES/VOLUNTEERS HAVE A RIGHT TO:**

- Access ongoing training and information on all aspects of leading/managing activities for youths, particularly on Safeguarding.
- Support in the reporting of suspected abuse.
- Access to professional support services.
- Fair and equitable treatment by the governing body/club.
- Be protected from abuse by children/youths, other adult members and parents.
- Not to be left vulnerable when working with children.

Any misdemeanours and general misbehaviour will be dealt with immediately and reported verbally to the designated person. Persistent breach of the code will result in dismissal from the club/sport.

Dismissals can be appealed by the coach/volunteer with final decisions taken by the club committee or referred to the governing body depending on the disciplinary procedures within the sport.

**EMERGENCY ACTION/FIRST AID**

All coaches, leaders and members should be prepared with an action plan in the event of an emergency and be aware of our First Aid Procedures.

This will include:

- Access to First Aid equipment
- Telephone contact if the participant is a minor
- Telephone contact to the Emergency Services

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**Signature of Coach/Volunteer**

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**Printed name of Coach/Volunteer**

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**Date**