

A photograph of an outdoor basketball court. In the foreground, a black wheelchair is parked on the green court surface. A basketball is resting on the wheelchair's seat. In the background, a basketball hoop with a white backboard and red rim is visible. A tall green metal fence surrounds the court. The sky is blue with some light clouds. The text "Lothian Phoenix Wheelchair Basketball Club" is overlaid in white with a black outline at the top, and "Welcome Pack" is overlaid at the bottom.

Lothian Phoenix  
Wheelchair Basketball Club

Welcome Pack

## **Lothian Phoenix Welcome Pack**

Lothian Phoenix Wheelchair Basketball Club was founded in 2006 by a terrific chap called Stevie Duff and a handful of dedicated players and volunteers. Sadly Stevie is no longer with us but fifteen years later the club that he built and nurtured is still going strong. Lothian Phoenix combines the best aspects of competitive and challenging training sessions along with a friendly and supportive atmosphere, and we are always delighted to welcome new players into our “Phoenix Family”.

Wheelchair basketball can be played by people with and without disabilities and we welcome players of all ages and level of ability. The only criteria we have are that players must be able to self-propel themselves in a sports wheelchair and be able to participate independently.

Lothian Phoenix Wheelchair Basketball Club (WBC) has teams in British Wheelchair Basketball’s National League as well as playing in Scottish competitions and events. We have a vibrant community of seniors and juniors – many of our junior players go on to be involved with the Scotland National Academy programme and participate in national competitions such as the UK School Games or National Junior Championships.

Stevie’s vision for Lothian Phoenix is maintained by our dedicated coaches, volunteers and players – to provide wheelchair basketball and to encourage FUN, PARTICIPATION, SPORTSMANSHIP and SOCIAL INTERACTION for anyone interested in participating. All that we ask in return is for our members to respect each other, as well as the teams and officials who support the game.

This welcome pack provides a guide to how Lothian Phoenix operates as an organisation, how we conduct training sessions and who you can speak to if you have any questions or concerns. It outlines our safeguarding and child protection policies and establishes the expectations we maintain for players, volunteers and parents.

Alongside this welcome pack you will be provided with a player registration form. Please ensure that it is completed and returned to the club secretary as soon as possible.

### **Index:**

**Page 1** – Introduction

**Page 2** – Frequently Asked Questions

**Page 3** – Training session

**Page 5** – Lothian Phoenix Organisation

**Page 6** – Volunteer Opportunities

**Page 7** – Safeguarding and Child Protection Policy

**Page 8** – Member Expectations and Code of Conduct

## **Frequently Asked Questions:**

**Q:** *I don't use a wheelchair – can I still play?*

**A:** Wheelchair basketball is an inclusive sport which anybody can play, whether they have a disability or not. Players might use a wheelchair for mobility as well as crutches, walkers or prosthetics. Able-bodied players are also a valuable part of our club and are always welcome.

**Q:** *I don't own a sports wheelchair – can I use a club sports chair?*

**A:** Wheelchairs in disability sport are built for performance and usually made to measure. Lothian Phoenix has a wide variety of sports wheelchairs available to suit players of all sizes and levels of ability. It is best to contact us prior to coming along to a training session so that we can have one of our spare basketball chairs ready and waiting.

**Q:** *Are the rules of wheelchair basketball different to running basketball?*

**A:** The basic rules of wheelchair basketball are very similar to running basketball with a few minor modifications. The measurements of the court and the height of the baskets are identical, as well as the scoring system. A game consists of four periods of ten minutes. Particular attention must be paid to the wheelchair, as it is considered to be part of the player.

**Q:** *How do players with various levels of ability compete fairly?*

**A:** Wheelchair basketball has a strict classification system in place to ensure matches are fair to both sides. Each player is assigned classification points based on their level of functional ability from 1.0 to 4.5. Out of the 5 players on court, the coach must ensure the total number of classification points does not exceed the maximum limit for the league in which they are competing. Able-bodied and players awaiting classification are designated as 5.0 points.

**Q:** *How much does it cost?*

**A:** All new players are allowed to come along and try 4 sessions free of charge to find out if Lothian Phoenix is the right club for them. If your child chooses to continue with sessions we have a standard monthly subscription cost which all players must pay to cover the costs of hall hire, equipment and other club expenses. Please note that all of our coaches are unpaid volunteers.

On the next page you will find a breakdown of our monthly subscription tiers

Member Subscriptions		
<u>Tier 1</u>	<u>Tier 2</u>	<u>Tier 3</u>
<p><b>Under 14's*</b></p> <p><b>Under 18's (Recreational)</b></p> <p><b>Adults (Recreational)</b></p> <p><i>*Siblings of under 14's players receive a discounted rate of £10 per additional sibling</i></p>	<p><b>Under 18's (National League)</b></p> <p><b>Students in Full Time Education (College or University)</b></p>	<p><b>Adults (National League)</b></p>
<b>£15</b>	<b>£25</b>	<b>£30</b>

In addition to your monthly subscription, all players must also register with our governing bodies – British Wheelchair Basketball and Basketball Scotland – which provide insurance and indemnity cover for the club. Recreational memberships can be purchased free of charge

### Training Sessions

<b>Tuesdays 18:45-20:45</b>
<b>National League Training (Adults &amp; Under 18's)</b>

<b>Thursdays 18:45-20:45</b>	
<b>Small Hall:</b>	<b>Large Hall:</b>
Under 14's Training Session	Adults, Under 18's and Select Under 14's

Under 14's Junior Training Sessions are held on Thursday evenings from 6:45-8:45pm At Armadale Academy. These training sessions are fun and a great way to make new friends and get to grips with the fundamentals of wheelchair basketball.

Juniors who have gained some experience may be invited to train alongside senior players in the big hall at Armadale from 6:45-8:45pm. This is our open session for players of all levels of experience and will gradually introduce players to a faster pace, elevating their skills and knowledge of the game.

Juniors who are ready to play at National league Level may also be invited to train on a Tuesday evening at our advanced session. This training is for players in our first and second team who are playing in the British Wheelchair Basketball National League and at other competitive events.\*

*\*Please note that there is no set age or level of experience for being invited to our more advanced training sessions – players are assessed on an individual basis by the club coaches and will be invited to try more challenging sessions when they are ready. Some players may need more time in the smaller hall than others and this does not in any way reflect on the skill of the player – it may only be that they would benefit from focussing more on the fundamental skills of the game in order to help them progress. Any player or parent can always approach one of our coaches to discuss their development and we will always be there to listen.*

There are multiple opportunities for junior players to play competitively, both within Lothian Phoenix and against other clubs across Scotland and the rest of the UK. The club will keep parents and guardians updated regarding any opportunities to play in competitive matches.

When Juniors are invited to play in a match they will have team kit provided by the club.

- Arrive on time. When you have arrived please check in with the coach or lead club official to let them know you have arrived and receive your playing kit and any information required for the match.
- Bring a water bottle
- Bring a snack for after the match
- Most venues provide facilities for players to change into clean clothes after a match.

*At all games, supporters with loud encouraging voices are essential!*

## **Lothian Phoenix Organisational Structure**

As with the majority of sports clubs, this Lothian Phoenix is run by volunteers. These people are players, parents and other supporters who give their time to ensure club members benefit. They administer the club, conduct the coaching and transport club members to activities and games#

### **Committee**

The club is run by the following people:

#### **Executive Committee:**

<b>Chairperson</b>	Conor Smart
<b>Secretary</b>	Kai Goldie
<b>Treasurer</b>	Niall Ritchie

#### **General Committee:**

<b>Vice-Chair</b>	Paul Sloan
<b>Parent Representative</b>	Paul Stavert
<b>Parent Representative</b>	Lynsey Flanigan
<b>Parent Representative</b>	Nadine Lowrey

These people work hard and dedicate a lot of free time to the club. Any assistance you can give would be greatly appreciated (please take a look at some of the volunteering opportunities on the next page) and if you would like to find out more or volunteer for any positions please contact Conor Smart on 07585925810.

### **Coaches and Officials**

Lothian Phoenix is privileged to have some of the most experienced and dedicated coaching staff in Scotland for wheelchair basketball. Their decades of combined coaching knowledge and expertise means that Lothian Phoenix has been the starting point for many National and International players, some of whom have gone on to wear a shirt for Great Britain. Many of our coaches have experience of participating in highly competitive events for Juniors including the UK National Junior League, UK Junior National Championships and the UK School Games.

#### **Club Head Coach/ Division 1 Head Coach:**

Niall Ritchie  
*BWB Level 2 Qualified Coach*

#### **Junior Coach:**

Tina Gordon  
*BWB Level 3 Qualified Coach*

#### **Division 2 Head Coach:**

Mark Stevenson  
*BWB Level 2 Qualified Coach*

#### **Division 3 Head Coach:**

Conor Smart  
*BWB Level 2 Qualified Coach*

If you are interested in becoming a coach or official at Lothian Phoenix we can provide all the information you need to get qualified and provide support for you to develop.

## **Volunteer Opportunities at Lothian Phoenix WBC**

Lothian Phoenix would not be able to run without it's many volunteers who provide assistance in lots of ways, both big and small. We understand how hectic life can be for parents, especially parents of children with disabilities, and we greatly appreciate any help and support you can provide so that the running of the club doesn't have to fall on the shoulders of just a few people. Spreading the burden of keeping the club running benefits everyone!

There are lots of small ways that family members can provide support to the club. Here are some of the additional club positions which make a huge difference:

### **Fundraising**

Although Lothian Phoenix covers a portion of the clubs costs from player membership fees, this only covers about half of what is required to keep the club running and we are always looking to boost our income by fundraising. We are keen to work with sponsors and if you have any ideas for attracting new sponsors, for example through a business you work for or have a close connection with, we want to hear from you. Some other ways you can help could include:

- Organising a raffle
- Arranging a quiz night
- Taking part in a marathon or sponsored walk/wheelchair push
- Keeping our social media and website updated to raise the profile of the club

### **Social Events**

Wheelchair basketball is a competitive and exciting sport, but one of the main reasons for players to remain involved is the social aspect and community spirit of coming along to training, matches and away trips. Lothian Phoenix is a vibrant and nurturing group and arranging social events for the club goes a long way to maintain the friendships which players form with each other. Not only does this make Lothian Phoenix a friendlier place to be but it also transfers onto the court as well – happy players who like and trust each other play better together! Some ideas for assisting with social events could be:

- Organising a meet-up for junior players.
- Providing food and drinks for players after matches
- Arranging a night out for senior players.

### **Deputy Wellbeing Officers**

Lothian Phoenix is dedicated to providing a safe and supportive environment for all of our players and especially for children and vulnerable adults. Please speak to the club lead safeguarding and child protection officer to find out what is involved with joining the wellbeing team. Having multiple people who are trained to deal with challenging situations ensures that the club is a safer place for everyone.

If you are interested in supporting the club through any of these methods please contact **Conor Smart** on **07585925810**

## **Lothian Phoenix Wheelchair Basketball Club Safeguarding and Child Protection Policy**

This policy should be seen in the wider context of protecting and supporting children and young people as set out in the Children's Charter and the Framework for Standards in Child Protection (2004), both of which are informed by the Children (Scotland) Act 1995. It is important that all volunteers are aware of their responsibilities and any action they should take to ensure the safety of children and young people.

Lothian Phoenix WBC believes that it is always unacceptable for a child or young person to experience abuse of any kind and recognises its responsibility to safeguard the welfare of all children and young people, by a commitment to practice which protects them.

### **We recognise that:**

- The welfare of the child/young person is paramount.
- All children, regardless of age, disability, gender, racial heritage, religious belief, sexual orientation or identity, have the right to equal protection from all types of harm or abuse.
- Working in partnership with children, young people, their parents, carers and other agencies is essential in promoting young people's welfare.

### **The purpose of the policy:**

- To provide protection for the children and young people who receive Lothian Phoenix Wheelchair Basketball Club services, including the children of adult members or users.
- To provide staff and volunteers with guidance on procedures they should adopt in the event that they suspect a child or young person may be experiencing, or be at risk of, harm.
- This policy applies to all volunteers working on behalf of Lothian Phoenix Wheelchair Basketball Club.

### **We will seek to safeguard children and young people by:**

- Valuing them, listening to them and respecting their views.
- Adopting child protection guidelines through procedures and a code of conduct for volunteers and members.
- Recruiting volunteers safely and ensuring all necessary checks are made.
- Sharing information about child protection and good practice with children, parents, volunteers and other stake holders.
- Sharing information about concerns with agencies who need to know, and involving parents and children appropriately.
- Providing effective management for volunteers through supervision, support and training.

*We are also committed to reviewing our policy and good practice annually.*

### **If you have any concerns please raise them using the contacts below:**

Conor Smart –Safeguarding and Child Protection Officer: 07585925810/ [conor.smart58@gmail.com](mailto:conor.smart58@gmail.com)

BasketballScotland Safeguarding Team - [safeguarding@basketball-scotland.com](mailto:safeguarding@basketball-scotland.com)



## **Member Code of Conduct**

Lothian Phoenix is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the **Chairperson, Wellbeing Officer or Head Coach**.

All members of the Lothian Phoenix community are expected to abide by the following club guidelines:

- All members must play within the rules and respect officials and their decisions.
- All members must respect opponents.
- All members, parents and supporters will conduct themselves in an orderly fashion and refrain from using language that is considered to give offense to others.
- All members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- All members must wear suitable kit for training and match sessions, as agreed with the coach/team manager.
- All members must pay any fees for training or events promptly.
- Members are not allowed to take drugs of any kind (other than for medical purposes) whilst representing the club (for further information please check UKAD website <https://www.ukad.org.uk/>)
- Junior members are not allowed to smoke whilst representing the club at any competitions.
- Junior members are not allowed to consume alcohol whilst representing the club.

In addition, Basketballscotland's Code of Conduct applies in all Basketballscotland events and competitions. At events arranged by BWB, the BWB Code of Conduct will be enforced.

**Failure to comply with the Lothian Phoenix WBC Code of Conduct may result in disciplinary action being taken by the club, in line with the procedures in the club constitution.**