



POWER ATHLETICS COMPETITION TEAM ATTENDANCE POLICY



Reviewed by: Senga-Marie Roberts on 1st June 2026

Date of Next Review: August 2027

For our competition teams to succeed, we have an attendance policy that all athletes must follow when joining a competition team.

Due to the nature of the sport, ALL athletes are essential for the team to have a productive session, so ALL athletes must commit to 100% attendance. We understand that sometimes an athlete may be ill or unable to attend a class and we have a detailed plan below of what is an acceptable and not acceptable excuse for absence. Please make sure you are familiar with this policy and procedure before attending a team placement. This policy is in place to protect all athletes' training time and make sure our teams can be successful not just in competitions but in upholding our core values.

For how to report an absence please see the paragraph 'HOW TO REPORT AN ABSENCE'

Excusable	Not Excusable - Strike will be given.
Pre - Booked Holiday (Declared before Team Placements)	No lift to training
Graded School Event (during training time)	Athlete being grounded (Please bring them to training, we can talk to them with you and support the family).
Educational Trip/Residential	Revision or Homework (Please bring it to training)
Religious Events (If fasting please speak to a coach as we will adapt the training for the athlete).	Birthdays/Parties
Bereavement	Non graded school events (e.g discos)
Contagious Illness	Not turning up or less than 2 hours notice.
	Illness/Injury where athlete still should have attended.

We understand that Family Holiday's and School residentials are an important part of children's lives. We just ask that these are communicated with Director Senga - either before the season begins, or as soon as the holiday/event is booked. Any holiday's during RED ZONE or that clash with any competitions, may lead to your athlete not being placed on a team, or being moved within the routine.

ILLNESS

If an athlete is unwell and unable to make a team session we require to know as early as possible, latest 1pm on the day of training. This is so, when applicable, we can ask an athlete to fill in so the other athletes can have a successful session. If it is a mild illness and not contagious, we ask that an athlete still come to training and mark their routine or sit out and watch to ensure they pick up any changes that are made. If they are unable to come in, we still may require them to attend virtually via Zoom.

INJURY

If an athlete is injured and able to travel, we ask for the athlete to still attend the session to pick up new choreography/ help their fill in athlete and continue to be an integral team member.

RED ZONE FOR ATTENDANCE

2 weeks prior to any event or competition no absences will be excused (for teams that do not train weekly, this is the final session before a competition). We require 100% attendance during these weeks. If an athlete does not attend this session a strike will be given (except in exceptional circumstances). An absence during this time may result in your athlete's routine being changed to support the team and reflect their absence.

REPEATED ABSENCES and STRIKES*

If an athlete has an absence that is not excusable, has not been prior arranged with the team coach, or coaches are not notified in time or are not notified at all, an athlete will be given a strike. Once an athlete has 3 strikes, they will be placed on a reserve list for their team until attendance has improved. This may mean they miss the next competition or lose their current place on the team.

If your athlete is missing a large amount of training even if they are excusable absences, you may need to have a discussion with your coach about how we can help improve this so the team is not being affected.

*Please note: We do not refund for any competition sessions missed or competition fees if your athlete has to miss a competition due to absences.

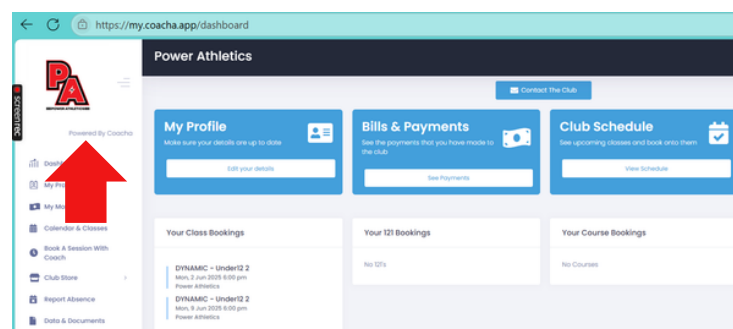
HOW TO REPORT AN ABSENCE

All sickness absences must be recorded on COACHA before 2pm on the day of sickness. We ask that you put a reason so that we are aware of the predicted time off and whether we need to make the rest of the team aware due to spreading of illness.

All holiday absences (including school trips/residentials) need to be placed on COACHA at the start of the season. If a holiday is booked after the season begins, please put on COACHA as soon as booked. If the absence form is completed less than 1 month before the holiday strikes will be given. Reminder: we train for October and February half term.

If an absence (holiday or sickness) is not reported on COACHA, team coaches will not be aware of this, so strikes will be given. Please note if you just email or power athletics messenger these will not be picked up as an absence and a strike will be given.

STEP 1



STEP 2

Please fill the form in, in as much detail as possible. If the details box is left blank we will ask you to complete the form again and the previous form will be deleted.