

BOULDER
LAB

Junior Elite Program

information pack

Boulder Lab Clayton
1418a Centre Rd
Clayton South VIC 3169

Boulder Lab Ferntree Gully
8/1821 Ferntree Gully Rd
Ferntree Gully VIC 3156
(03) 8719 6444

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boulderlab.com.au
coaching@boulderlab.com.au

IN THIS BOOKLET

This booklet contains information pertaining to the Junior Elite program.

For information about Youth Squad, please refer to our website at boulderlab.com.au

For all coaching relating queries, please forward questions to coaching@boulderlab.com.au

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MISSION STATEMENT

Boulder Lab is committed to developing, leading and innovating the Australian climbing industry.

The mission of our youth programs is as follows:

- *To introduce climbing to children of all backgrounds and abilities*
- *Provision of a fun, welcoming environment for children to learn and play*
- *Fostering a love and passion for the sport*
- *To build the strong, resilient and adaptive climbers of tomorrow*
- *Development of mature leaders that will be ambassadors for the wider community of sport climbing*

COACHING TEAM

WHO WE ARE

MEET THE COACHING TEAM BEHIND THE JUNIOR ELITE PROGRAM



ANDREW CHEN

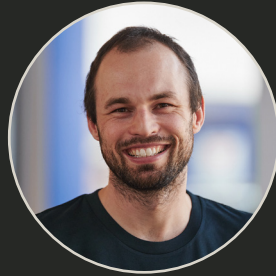
HEAD COACH

Andrew is the National Assistant Coach for the Australian climbing team, as well as the coordinator for all coaching programs across Boulder Lab.

Andrew heads the Junior Elite program as well as coordinating the coaching programs at Boulder Lab to ensure the highest standards across the board.

He is currently undertaking a Master of High Performance Sport and is driven by honest, evidence-based practice, as well as being a strong advocate for self-learning.

An intrepid adventurer, Andrew enjoys all disciplines of climbing and strives to not only bring excellence to the sport but also pass on a love of the outdoors.



PAT KLEIN

GUEST COACH

A long history of competition at elite levels in various sports brought Pat to climbing. Pat is a guest coach and Director of Boulder Lab. He has coached and worked with Australia's very best, and is now paving the future of the climbing industry.

A self-described data nerd, Pat is always trying to adapt and pioneer new climbing training methodology. His background of exercise physiology and biomedical science underpins his coaching and training philosophies.

When he isn't busy running Boulder Lab (and even when he is), you'll find Pat sneaking off to the Grampians, tinkering with things or writing up training plans.



NADIA PAVLOVA

PHYSIOTHERAPIST

Nadia has a breadth of experience working across various sports including gymnastics, sport climbing, rugby, soccer and dance where she has supported weekend warriors through to elite athletes from day 1 of injury all the way back to performance working closely with their medical and coaching team.

Nadia has a special interest in tendon injuries, shoulder instability as well as complex hip and foot problems.

Having sustained multiple injuries from her own dance & climbing endeavours she understands how gruelling rehab can be, and the importance of regular conditioning to optimise performance.



JUNIOR ELITE ATHLETES:

ABOUT THE PROGRAM

Our Junior Elite team is our High Performance program dedicated to building the next generation of Australia's best climbers.

It is a competitive climbing team focused on growth and mastery of the climbing acumen to perform at the highest levels, with the goal of performing at sanctioned events. Athletes are required to be **highly motivated, disciplined and hard-working**. They will continue to train fundamental climbing skills, as well as focus on strength and conditioning, flexibility, mobility, mental agility, competitive mindset and injury prevention.

Junior Elite athletes are expected to commit to **two** State level bouldering competitions, as well as National level events should they qualify. Elite team athletes may also attend Open-level and international events provided they are eligible. Team athletes are expected to attend Boulder Lab hosted competitions.

EXPECTATIONS:

01

Maturity

The Junior Elite team being a competitive program, it is essential that athletes have the maturity to self-reflect, analyse and be both independent but also open-minded in their learning.

Athletes will learn how to perform under stress and manage their mindset, but must be fully ready to do so.

Junior Elite athletes are expected to be responsible for their training and learning in their own time, to manage their time effectively and to set short and long term goals.

02

Physicality

Athletes must be physically ready and capable of the workload expected of them as part of the Junior Elite program.

They will undergo structured training involving climbing-specific strength and conditioning, as well as targeted supplementary training.

Whilst the team will account for load management and injury prevention on an individual basis, climbers without sufficient experience and/or conditioning are more susceptible to potential overuse injury.

03

Mindset

Competition climbing poses a significant mental challenge in addition to physical. It is therefore highly beneficial for athletes to develop a strong and adaptable mindset.

It is expected that athletes carry high levels of motivation, to push them through the high-tempo nature of the program as well as bolster their attitude towards climbing and training.

ADMISSION

WHO THE PROGRAM IS FOR

The program is designed for highly motivated climbers interested in competing at sanctioned events, training in a fast-paced environment and willing to put the work in for results.

ALL CLIMBERS MUST BE ASSESSED BEFORE ADMISSION

If your child is not part of an existing program at Boulder Lab, they will be required to undergo an assessment to determine whether or not the program is suitable. You will need to submit an Expression of Interest form (can be found on our website at boulderlab.com.au). Subsequently we will be in touch to arrange this.

If your child is an existing member of a youth squad at Boulder Lab, please get into contact with your child's coach to verify whether they are ready for the program.

Determination of admission is based on multiple factors.

Including but not limited to:

- Climbers are expected to be climbing at a minimum level of V6-V7/gym 8s.
- Ability to meet expectations as outlined prior.
- Readiness to commit to training schedule
- Willingness to compete
- Ability to benefit maximally from the program

Cost: \$750 per Term (payment plans available)

Involves:

- 3x 2.5h structured training sessions a week (8 weeks per Term)
- Full membership and associated benefits (access to all locations, shop discounts, etc)
- Dedicated routesetting by SCA-certified routesetters, competition simulations
- In-house resources from a physiotherapist
- Training camps where applicable
- Year-round access to our coaches

TRAINING SCHEDULE

Days:	Tuesday, Thursday, Friday
Time:	6:00PM - 8:30PM

training days will alternate between venues on Fridays

SAMPLE WITH LOCATIONS

	Tuesday	Thursday	Friday
	Clayton	Ferntree	CTN/FTG
WEEK 1	15/02	17/02	18/02
WEEK 2	22/02	24/02	25/02

COMPETITION CALENDAR:

Youth Nationals: 3rd - 5th June

VIC Youth Bouldering Titles: Oct TBD

VIC Open Bouldering Titles: Oct TBD

IFSC World Youth Championships: 22nd - 31st August

Boulder Lab Masters: 3rd September

contact: coaching@boulderlab.com.au

Child Safe Policy & Statement of Commitment

Boulder Lab is committed to child safety.

We want children to be safe, happy and empowered.

We support and respect all children, as well as our staff and volunteers.

We are committed to the safety, participation and empowerment of all children.

We have zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures.

We have legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

Boulder Lab is committed to preventing child abuse and identifying risks early, and removing and reducing these risks.

Boulder Lab has robust human resources and recruitment practices to reduce the risk of child abuse by new and existing board members, staff and volunteers.

Boulder Lab is committed to regularly training and educating our board members, staff and volunteers on child abuse risks.

We are committed to the cultural safety of Aboriginal children, the cultural safety of children from culturally and/or linguistically diverse backgrounds, and to providing a safe environment for children with a disability.

We have specific policies and procedures in place that support our board members, staff and volunteers to achieve these commitments.

If you believe a child is at immediate risk, phone 000.

Our children

This policy is intended to empower children, who are vital and active participants at Boulder Lab. We involve them when making decisions, especially about matters that directly affect them. We listen to their views and respect what they have to say.

We promote diversity and acceptance at Boulder Lab, and people from all walks of life and cultural backgrounds are welcome. In particular, we:

promote the cultural safety, participation and empowerment of Aboriginal children

promote the cultural safety, participation and empowerment of children from culturally and/or linguistically diverse backgrounds

ensure that children with a disability are safe and can participate equally.

Our staff and volunteers

This policy guides our staff and volunteers on how to behave with children at Boulder Lab

All of our staff and volunteers must agree to abide by our code of conduct which specifies the standards of conduct required when working with children. All staff and volunteers, as well as children and their families, are given the opportunity to contribute to the development of the code of conduct.

Training and supervision

Training and education is important to ensure that everyone at Boulder Lab understands that child safety is everyone's responsibility.

Our organisational culture aims for all board members, staff, volunteers, families and children to feel confident and comfortable in discussing any allegations of child abuse or child safety concerns. We train our board members, staff and volunteers to identify, assess, and minimise risks of child abuse and to detect potential signs of child abuse.

We also support our board members, staff and volunteers through ongoing supervision to develop their skills to protect children from abuse and promote the cultural safety of Aboriginal children, the cultural safety of children from linguistically and/or diverse backgrounds, and the safety of children with a disability.

New board members, staff and volunteers will be supervised regularly to ensure they understand Boulder Lab's commitment to child safety and that everyone has a role to play in protecting children from abuse. This will include checking that their behaviour towards children is safe and appropriate (please refer to Boulder Lab's code of conduct for information about appropriate behaviour).

Any inappropriate behaviour will be reported through appropriate channels, including the Department of Health and Human Services and Victoria Police, depending on the severity and urgency of the matter.

Recruitment

We take all reasonable steps to employ skilled people to work with children. We develop selection criteria and advertisements which clearly demonstrate our commitment to child safety and an awareness of our social and legal responsibilities. Boulder Lab understands that when recruiting board members, staff and volunteers, we have ethical as well as legislative obligations.

We actively encourage applications from Aboriginal people, people from culturally and/or linguistically diverse backgrounds and people with a disability.

All people who are engaged in child-related work and who are not exempt, including volunteers, are required to hold a Working with Children Check and to provide evidence of this check. For more information, please refer to the Working with Children website <<http://www.workingwithchildren.vic.gov.au/home/>>.

We carry out reference checks and police record checks to ensure that we are recruiting the right people. If during the recruitment process a person's records indicate a criminal history then the person will be given the opportunity to provide further information and context.

Fair procedures for staff and volunteers

The safety and wellbeing of children is our primary concern. We are also fair and reasonable to all staff and volunteers. The decisions we make when recruiting, assessing incidents, and undertaking disciplinary action will always be thorough, transparent, and based on evidence.

We record all allegations of abuse and safety concerns using our incident reporting form. All records are securely stored. If an allegation of abuse or a safety concern is raised, we provide updates to children and families on progress and actions we as an organisation take.

Privacy

All personal information considered or recorded will respect the privacy of the individuals involved, whether they be staff, volunteers, families or children, unless there is a risk to someone's safety. Everyone is entitled to know how this information is recorded, what will be done with it and who will have access to it. This is intended to protect reporters and to ensure that all members of Boulder Lab are comfortable to disclose any allegations or concerns in relation to child safety without repercussions.

Legislative responsibilities

Boulder Lab takes its legal responsibilities seriously, including:

Failure to disclose: All adults in Victoria who have a reasonable belief that an adult has committed a sexual offence against a child under 16 have an obligation to report that information to Victoria Police.

Mandatory reporting: Any board members, staff or volunteers who are mandatory reporters (doctors, nurses, midwives, teacher, principals and police officers) must comply with their duties

Failure to protect: People of authority in our organisation will commit an offence if they know of a substantial risk of child sexual abuse and have the power or responsibility to reduce or remove the risk, but negligently fail to do so

Reportable conduct: The head of our organisation must be made aware of any allegations of physical and sexual abuse, sexual misconduct, significant emotional or psychological harm or significant neglect by an employee or volunteer towards a child. We are also legally required to notify the Commission for Children and Young People of the allegation

Duty of care: If a child is abused by an individual associated with our organisation, our organisation is presumed to have breached its duty of care unless it can prove that it took 'reasonable precautions' to prevent the abuse in question. For more information, please refer to the new organisational duty of care to prevent child abuse page <<https://www.justice.vic.gov.au/safer-communities/protecting-children-and-families/betrayalof-trust-fact-sheet-the-new>> on the Department of Justice and Regulation's website.

Risk management

In Victoria, organisations are required to protect children when a risk is identified. In addition to general occupational health and safety risks, we proactively manage risks of abuse to our children.

We have risk management strategies in place to identify, assess, and take steps to minimise child abuse risks which include risks posed by physical environments and online environments.

Allegations, concerns and complaints

Boulder Lab takes all allegations seriously and has practices in place to investigate thoroughly and quickly.

Our board members, staff and volunteers are trained to deal with allegations appropriately.

We work to ensure all children, families, board members, staff and volunteers know what to do and who to tell if they observe abuse or are a victim, and if they notice inappropriate behaviour.

We all have a responsibility to report an allegation of abuse if we have a reasonable belief that an incident took place. If an adult has a reasonable belief that an incident has occurred then they must report the incident.

Factors contributing to reasonable belief may include:

a child states they or someone they know has been abused (noting that sometimes the child may in fact be referring to themselves)
behaviour consistent with that of an abuse victim is observed
someone else has raised a suspicion of abuse but is unwilling to report it
observing suspicious behaviour.

Regular review

This policy will be reviewed every two years and following significant incidents if they occur.