



## BRIEFING DOCUMENT FOR THE BOLAND TEAM 2018 SA CROSS COUNTRY CHAMPIONSHIPS

**8 SEPTEMBER 2018- Nelson Mandela University  
Port Elizabeth**

### Dear Athlete

Congratulations on your selection onto the team to the above-mentioned Championships.

### TEAM MANAGEMENT

For more information, please contact:  
Manager: Edward Salies 072 300 0635  
Ass.Manager: Desiree Pharo 072 583 1216

### TRAVEL ARRANGEMENTS

Travel and accommodation arrangements will be made by Boland Athletics.

1. Athletes must report to Dal Josaphat Stadium, Paarl at 19:00 on Thursday 6 September 2018 for departure of the Team.
2. Departure will be at 20:00
3. The team will arrive back in Paarl on Sunday 9 September 2018.

### ACCOMMODATION ARRANGEMENTS

Accommodation in Port Elizabeth will be advised in due course.

### EXPENSES

- A. Boland Athletics will subsidise a part of the athletes travel and accommodation cost to the event.
- B. Athletes contribution for transport, accommodation, and meals, to the Championships is R 800-00 each.
- C. **Athletes must purchase Boland Team Clothing as indicated below**

### CLOTHING

Athletes travel in casual wear to the Championships. Boland Clothing (not Boland Schools clothing) must be worn during the abovementioned Championships

especially during the medal ceremony. Please note that the athlete's medal will not be issued if the athlete's is not properly dressed in the provincial colours, or do not turn up for the medal ceremony. No excuse will be accepted (IAAF and ASA Rule).

**Athletes in need of Boland Clothing must order before or on Monday 3 September 2018. Please use page 4 to order. Clothing can be collected on Monday 3 September 2018 at Dal Josaphat Stadium.**

**For alternative arrangements please contact the team management.**

**The purchase cost is:**

1. R400,00 – Boland Track Suit
2. R150,00 - Boland Athletics T-Shirt
3. R150,00 Boland Athletics Vest/Crop Top

### CONDITIONS

1. The Boland Team is selected with the expectation that all members of the team will perform at their best during the Championships. If it becomes clear that an athlete does not have the same objective, the athlete will be withdrawn from the team with immediate effect.
2. Athletes that carry an injury or any form of sickness must withdraw from the team. Withdrawal must be by means of a medical certificate only.
3. The athlete must always carry a legal form of identification.
4. The conduct of all Members of the Boland team must be exemplary at all times and must adhere to general ethic values of society.
5. The rules of Team Management must be adhered to. Team Management will have the right to conduct hearings for those who do not adhere to the rules of Team

Management and the decisions will be binding.

6. No alcohol or any other illegal substances may be in the possession of a Team Member for the duration that the team is together.
7. Team Members are not allowed to smoke, drink alcohol or take in any illegal substance while wearing Boland Athletics gear.
8. Male Members of the team are not allowed in the rooms of female members of the team and vice versa.
9. Team Members must at all times contribute to the team spirit.
10. Be punctual on all duties that must be adhered too.
11. The appearance of the Team, both collectively and individually, must be neat at all times. The wear of excessive jewellery or clothing that is not socially acceptable is not in the spirit of the sport and will not be tolerated.
12. The intake of any medicine prior to the team gathering must be declared. Athletes that used illegal medicines or substances prior to the Championships will be withdrawn from the team with immediate effect.
13. Athletes that take medicines prescribed by a doctor must be able to present the doctor's prescription at all times during the competition.
14. Team Members must take responsibility over their own personal belongings. Team Management or the Federation will not be held accountable for any lost goods.
15. Members of the team that are found guilty of misconduct such as stealing, damage of property, any form of discrimination, intolerance against their fellow human beings, etc. will be withdrawn from the team with immediate effect and disciplinary action will follow later.
16. The interest of the team is always more important than that of the individual.
17. Due to practical reasons the team must remain together for the duration of the competition. Members of the team not adhering to this rule will be withdrawn from the team.

## **PROGRAMME**

The Team Management will provide the final programme to the members at the final Team Briefing on 7 September 2018 at the place of accommodation.



**SA NASIONALE LANDLOOP KAMPIOENSKAPPE  
TE PORT ELIZABETH- 8 SEPTEMBER 2018  
TOESTEMMING, VRYWARING EN PERSOONLIKE INLIGTING**

Ek \_\_\_\_\_ verleen hiermee toestemming dat ondergenoemde beskikbaar is om aan bogenoemde Kampioenskappe deel te neem. Ek aanvaar die bepalinge rondom sy/haar insluiting in die span en bevestig dat ek, en my kind, ons daaraan sal onderwerp.

**Die besonderhede van my kind is soos volg:**

**VAN :** \_\_\_\_\_

**VOLLE NAAM :** \_\_\_\_\_

**JEUG/JUNIOR :** \_\_\_\_\_

**ID NOMMER :** \_\_\_\_\_

**ADRES :** \_\_\_\_\_

\_\_\_\_\_

**TELEFOON :** \_\_\_\_\_

**SELFOON :** \_\_\_\_\_

**Fax :** \_\_\_\_\_

**e-pos :** \_\_\_\_\_

Ek verleen verder hiermee toestemming dat genoemde deelnemer per openbare vervoer soos bedoel en omskryf in die toepaslike **Nasionale Ordonansies**, vervoer mag word na die bestemming soos deur **BOLAND ATLETIEK** gereël.

Dit sluit in, in die geval van 'n ongeval/ ongeluk, 'n reis na 'n geneesheer, hospitaal of ander mediese of gesondheidsinrigting, en terug na die plek van tuiste.

Ek aanvaar alle finansiële verantwoordelikheid vir alle skade en of verliese wat uit voormelde deelname aan genoemde aktiwiteit en in verband met die bestuur, gebruik, hanteer en parkeer van bedoelde voertuig.

Ek aanvaar geen sodanige finansiële verantwoordelikheid vir skade en of verlies wat voortspruit uit die skuldige (opsetlike of nalatige) optrede van die Bestuurder van die bedoelde voertuig nie

**KLERE BESTELLING:**

**FAX 021 868 0009 OF E-POS: [office@bolandathletics.com](mailto:office@bolandathletics.com)**

Vul slegs in indien klere benodig word							
KLEREDRAG (GROOT SNIT)							
Grootte	XS	S	M	L	XL	2XL	3XL
Frokkie /crop top							
T-hemp							
Sweetpak							

Voltooi asb.	
VOEDSEL VOORKEUR	
Halaal	
Vegetaries	
Kosher	
Geen voorkeur	

---

**OUER (VOOG)**

**PLEK**

**DATUM**



## MEDIESE BESONDERHEDE VAN ATLEET

(Moet ingehandig word by die Spanbestuurder voor die span vertrek)

VOORNAME EN VAN: \_\_\_\_\_

VADER: \_\_\_\_\_

MOEDER: \_\_\_\_\_

TELEFOON (HUIS) \_\_\_\_\_

(WERK) \_\_\_\_\_

ADRES: \_\_\_\_\_

\_\_\_\_\_

KONTAKPERSOON EN KONTAK TELEFOONNOMMER INDIEN U NIE BESKIKBAAR IS NIE:

NAAM: \_\_\_\_\_

TEL: \_\_\_\_\_

### MEDIESE INLIGTING:

In geval van nood gee ek, die ondergetekende, toestemming dat my kind \_\_\_\_\_ na goeddunke van Boland Atletiek mediese behandeling mag ontvang, gehospitaliseer mag word en indien nodig, mag die **Bestuur** verlof gee vir die toediening van narkose.

Lei die atleet aan enige allergie of siekte toestand waarvoor medikasie benodig word?

---

Indien wel. Meld die tipe medikasie en frekwensie van toediening.

\_\_\_\_\_

Indien nodig, verkies u 'n **PRIVAAT OF PROVINSIALE HOSPITAAL?**

\_\_\_\_\_

**MEDIESE FONDS BESONDERHEDE**

NAAM: \_\_\_\_\_ NOMMER: \_\_\_\_\_

HOOFLID SE VOLLE NAAM EN VAN \_\_\_\_\_

HOOFLID SE ID NOMMER: \_\_\_\_\_

HOOFLID SE POSADRES: \_\_\_\_\_

---

GETEKEN TE \_\_\_\_\_ OP DIE \_\_\_\_\_ (DAG) VAN

HANDTEKENING VAN OUER/VOOG: \_\_\_\_\_

Issued: Thursday 23 August 2018



Mike Fraser  
Boland Athletics Office  
Office: 021 868 0007  
Mobile: 083 518 7272  
Email: [office@bolandathletics.com](mailto:office@bolandathletics.com)  
Website: [www.bolandathletics.com](http://www.bolandathletics.com)