

Vale of York Athletic Community: Junior Athlete Profile & Safeguarding Record

Junior Athlete Profile & Safeguarding Record (U10–U18)

Purpose: To support long-term athlete development, welfare protection, and appropriate training exposure. This document is a safeguarding tool, not a performance ranking system.

Section 1 – Athlete Information

Name: _____

Date of Birth: _____

Age Group: _____

School Year: _____

Other Sports Currently Played: _____

Section 2 – Weekly Activity & Load Map

Include ALL unstructured and structured physical activity — athletics, other sports, PE, informal play, walking/cycling/scooting to school, competitions, clubs etc.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Before School							
School – AM							
School – Lunch							
School – PM							
After School							
Evening							

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Walking/Cycling to School (distance) Per Week: _____

Number of Clubs: _____

Total Structured Sessions Per Week: _____

Total Estimated Hours of Physical Activity Per Week: _____

Section 3 – Physical Development Overview

Coach Observation (non-medical):

Relative Maturation (Early / Average / Late – observational only):

Recent Growth Spurt (Yes / No): _____

Injury History (Past 12 Months): _____

Signs of Fatigue: _____

Recovery Habits (Sleep, Nutrition Awareness): _____

Risk Flag (Green / Amber / Red): _____

Section 4 – Psychological & Social Indicators

Temperament: _____

Primary Motivation (Fun / Friends / Improvement / Selection / Parent-led):

Reaction to Winning: _____

Reaction to Losing: _____

Does Athlete Express Their Own Goals Clearly? _____

Signs of Pressure or Anxiety: _____

Evidence of Burnout Risk: _____

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Section 5 – External Influence & Communication

Coach Observation:

Level of Parental Involvement: _____

Communication Frequency from Parents: _____

Requests for Additional Training: _____

Requests Regarding Selection/Performance: _____

Is Athlete Voice Clearly Heard Independent of Parental Ambition?

Section 6 – Specialisation & Exposure Risk

Number of Athletics Sessions Per Week: _____

Number of Other Sport Sessions: _____

Competition Frequency Per Month: _____

Travel Load: _____

Rest Days Per Week: _____

Early Specialisation Risk (Yes / No): _____

Overtraining Risk (Low / Moderate / High): _____

Section 7 – Coaching Safeguards in Place

Maximum Agreed Athletics Sessions Per Week: _____

Cross-Training and Multi-Sport Encouraged (Yes / No): _____

Competition Limits Discussed (Yes / No): _____

Club Statement: Vale of York Athletic Community prioritises athlete welfare, enjoyment, and long-term development above short-term results or representative selection.

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Section 8 – Review & Monitoring

Date Completed: _____

Next Review Date: _____

Coach Name: _____

Welfare Officer Notified if Required (Yes / No): _____