

IMPORTANT INFORMATION FOR ATHLETES FOR CLUB TRAINING SESSIONS DOCUMENT DATED 22 JULY 2021

Coaches are allocated specific evenings to train with their groups. Any athlete whose coach is not present at the track is encouraged to train outside of club times (payment for this should be made to the Park Rangers). Members who wish to use the track during club times should speak to the coaches who are working on the track to agree lane usage. Priority will be given to member athletes of coaches whose allocated session is that evening.

Coaches will continue to prearrange time slots to train with their athletes.

Athletes are to comply with the following guidance. Any athlete found not doing so may be asked to leave the session and may not be invited to further sessions.

- It is each person's individual responsibility not to come to the track if they are showing symptoms of Covid, have been asked to isolate or know they should be isolating.
- Anyone attending club training sessions should continue to maintain any hygiene measures in place and continue to provide a reasonable level of social distancing including avoiding face to face conversations within one meter of each other and avoiding any unnecessary physical contact.
- Running in trains, adjacent lanes or small groups for short durations is acceptable if deemed so in each individual coach's risk assessment.
- Athletes should warm up in areas that do not interfere with other athlete's sessions
- No hurdles training sessions are to take place on the track between 6 and 8pm on Tuesday or Thursday. Hurdles sessions run by Paul Edwards and Gary Myles will continue on Monday and Wednesday evenings respectively.
- Contactless card payment should be used where possible to pay training fees.
- Athletes should be changed ready on arrival at track. Changing rooms should only be used if absolutely necessary and, if so, time spent in the same room as another person should be avoided where possible.
- Toilets are now open. Please follow the guidance given by Freedom Leisure when using these facilities.
- Athletes should avoid spitting on the floor within the area of fencing surrounding the track or the throws area. Wherever possible, tissues should be used to catch spit.

Any athlete under the age of 17 will be required to have a parent / guardian present at the park for the duration of the training session in case of injury or illness. Coaches of all other athletes should be in possession of details of a contact who can help if the athlete is injured / ill.

It is, of course, up to the individual athlete if they wish to attend training. Although the Club will have procedures in place to minimise the risk to athletes, coaches and others, safety can not be guaranteed. We would advise that athletes (or their parents) consider all risks before deciding whether to attend training sessions, including the possibility that there may be

occasions where the above guidance is not adhered to, either accidentally or otherwise, although the Club's aim will be to maintain compliance.

If you have any questions regarding the information above, please contact Shaun.

PLEASE NOTE THAT THE INFORMATION CONTAINED IN THIS DOCUMENT IS LIABLE TO CHANGE AT SHORT NOTICE. PLEASE KEEP UP TO DATE VIA OUR WEBSITE (www.csathletics.com) AND SOCIAL MEDIA PAGES