

IMPORTANT INFORMATION FOR ATHLETES FOR RETURN TO TRAINING DOCUMENT DATED 1 SEPTEMBER 2020

This guidance supersedes any previous version issued.

The guidance below is specific for our training sessions. Athletes should also read, keep up to date with and comply with EA guidance given on their website www.englandathletics.org

To comply with restraints imposed by Government Guidance, coaches will be contacting their athletes to prearrange time slots to train. **Athletes are not to come to the track during club times unless they have prearranged with their coaches to do so – if you do, you will not be allowed on.**

It is possible that your coach will hold two sessions on training nights with one group leaving before another one starts.

We request that self coached athletes train outside of club training sessions at the present time. We would appreciate your compliance with this and look forward to seeing you integrated into normal training sessions when restrictions ease sufficiently. In these instances, please pay the Park Rangers direct for use of the track.

All general warming up is to be carried out outside of the track area unless sufficient space is available on the track and permission has been granted by your coach. Specialist drills may be undertaken in the track area preferably inside the D by the high jump bed if not in use, but only if space allows.

As soon as the session is complete, athletes should return home.

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.

- Upon arrival at the track athletes should clean their hands using hand sanitiser. If you have not brought your own sanitiser, please ask the person who collects your training fees as they will have some available. A number of coaches also carry sanitiser for use by athletes so just ask if you require some.
- Contactless card payment should be used where possible to pay training fees. If payment by cash is absolutely necessary, the correct change should be used. Shaun's group and the Development Group should pay them direct, all other groups payments will be collected by Donna.
- Athletes should then move immediately to where their training group are located to avoid contravening the 2m guidance at the entrance
- Any person showing Covid-19 symptoms should not attend the track and should isolate in accordance with Government guidelines
- Athletes and coaches are to bring hand sanitiser to avoid entering buildings where possible (buildings currently closed).
- Athletes are to be changed ready on arrival at track

- Toilets are now open (changing rooms remain closed at the present time). Please follow the guidance given by Freedom Leisure when using these facilities.
- Athletes and coaches to be reminded of Government guidance in relation to washing hands, catching coughs and sneezes and avoiding touching face with unclean hands.
- Athletes are to maintain a minimum of 2m social distancing from other individuals (except for those in their own household)
- 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 available equipment to be used is to be cleaned before and after each session. Use of each throwing implement should be restricted to one athlete and cleaned before and after each training session by the athlete or coach.
- Hurdles and other equipment, if available, should be cleaned before and after each session wherever possible and hands should be cleaned immediately after handling using hand sanitiser, where possible, to avoid entering buildings. Hurdles should only be handled by your coach.
- If training on the high jump, long jump or pole vault, athletes should follow the directions of their coach when using equipment. They should also shower as soon as they get home after the training session and the clothes that they were wearing when jumping should be washed before wearing again.

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. This is to avoid contact between the injured person and others. 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