

## **INFORMATION FOR COACHES FOR CLUB TRAINING SESSIONS DOCUMENT DATED 22 JULY 2021**

The best method of enabling our training sessions to work, providing productive sessions whilst working safely **is communication with each other**. Coaches are requested to liaise with each other to ensure sessions run as smoothly as possible.

Preference should be given to existing first claim C&S members whilst arranging sessions. No non C&S members should be coached where this affects the training session of a C&S member.

Use of the track is limited to those included on the Training Organisational Plan. You can, of course, use the track at any time outside of club training session times. In these instances, please pay the Park Rangers direct for use of the track.

### **Coaches are to comply with the following guidance.**

- 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.
- Coaches are to follow the England Athletics recommended ratio of coaches to athletes (ie no more than 12 athletes per coach). Coaches should continue to prearrange attendance with athletes to ensure this ratio is not exceeded
- 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.
- Coaches are reminded that they should complete a risk assessment for their sessions before they take place.
- Ensure athletes pay their training fee.
- Coaches are advised to read the guidance that has been sent to all member athletes. If any athlete fails to comply with the guidance, coaches are requested to manage the situation, with asking the athlete to leave the session a disciplinary measure available if necessary.
- Coaches should read and comply with the club's Risk Assessment
- Coaches and 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.

**Coaches are to text or email a list of the full names of their athletes who have attended the track to Shaun within 24 hours of the session taking place.**

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 coach 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 coaches 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](http://www.csathletics.com)) AND SOCIAL MEDIA PAGES