

TRAINING ORGANISATION PLAN v8

(to accompany the Information to Coaches Document dated 22 July 2021)

Coaches to liaise with each other each session to enable social distancing to be maintained between all athletes

COACHES TO SEND SHAUN (BY TEXT, WHATSAPP OR EMAIL) A LIST OF THEIR ATHLETES THAT HAVE TRAINED AT THE CLUB'S SESSIONS AS SOON AS POSSIBLE AFTER THE SESSION HAS FINISHED.

The list below shows the allocation of track space at club sessions. The maximum number of athletes allowed per coach at any one time is 12 as per England Athletics guidelines.

Warming up on the track should be carried out so as not to interfere with other athletes' sessions.

Other qualified coaches may stand in for the coaches listed below providing that their maximum allowed group sizes are not exceeded.

Throws coaches should liaise with Freedom Leisure staff to use throws area as usual.

High Jump, Long Jump and Pole Vault coaching can take place at any session. Coaches of each of these disciplines should liaise with one another to avoid each other's sessions.

MONDAY - TRACK

Stephen Terry-Short (or Rob Law)

Paul Edwards - Hurdles - outside lane back straight and lane 6 to 8 on home straight

Shaun Ainge

Chris Hollinshead

Matt Mayne

Bob Hughes (with Lorna Turner, Ross Goode and Mark Green)

(+ possibility of a small number of experienced C&S athletes by agreement with Shaun)

TUESDAY - TRACK

Development Group

Shaun Ainge

Paul Edwards

Bob Hughes or Nigel Haycock's athletes as necessary and as space allows - otherwise grass training

WEDNESDAY - TRACK

Stephen Terry-Short (or Rob Law)

Gary Myles - Hurdles – Lanes 6 to 8 home straight

Chris Hollinshead

Mark Green

Bob Hughes

(+ possibility of a small number of experienced C&S athletes by agreement with Shaun)

THURSDAY - TRACK

Development Group

Shaun Ainge

Paul Edwards

Matt Mayne

Bob Hughes

Nigel Haycock. Use of track between 6 and 7pm

Jon Ross + up to 3 DSAActive athletes if clear track areas available. If not, training on grass.

Steve O'Brien + 1 C&S athlete only. Use of track until 6pm