

TRAINING ORGANISATION PLAN

(to accompany the Information to Coaches for Return to Training Document dated 23 September 2020)

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 along with the maximum number of athletes allowed for each coach per session.

Unless space on the track allows, all warming up should be carried out outside of the fence surrounding the track.

The numbers are lower than the maximum number of athletes allowed under England Athletics Guidance for a club operating with a Covid-19 secure environment but are an assessment of the workable numbers to maintain compliance with the Governments social distancing guidelines.

For coaches primarily undertaking sessions on the grass the maximum number of athletes allowed per session for Bob Hughes is 12 and for Nigel Haycock, Ross Goode, Lorna Turner it is 10 provided always that social distancing is able to be maintained.

Throws coaches should liaise with Freedom Leisure staff to use throws area as usual. Throwers using the shot put circle should contact Shaun before their session.

MONDAY - TRACK

Stephen Terry-Short + up to 8 athletes.

Paul Edwards + up to 5 athletes - Hurdles - outside lane home or back straight

Shaun Ainge + up to 6 athletes

Chris Hollinshead + up to 10 athletes

+ Bob (with Lorna and Ross) / Nigel - athletes as necessary and as space allows - otherwise grass training

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

TUESDAY - TRACK

Development group - 2 sessions x up to 15 athletes at each (split between coaches)

Shaun Ainge - 2 sessions x up to 10 athletes

Paul Edwards + up to 8 athletes

Matt Mayne + up to 2 athletes

+ occasional track session for Bob or Nigel's athletes as necessary and as space allows - otherwise grass training

WEDNESDAY - TRACK

Stephen Terry-Short (or Rob Law) + up to 8 athletes

Gary Myles + up to 5 athletes - Hurdles - outside lane home or back straight

Chris Hollinshead + up to 10 athletes

+ Bob - athletes as necessary or as space allows - otherwise grass training

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

THURSDAY - TRACK

Development group - 2 sessions x up to 15 athletes at each (split between coaches)

Shaun Ainge - 2 sessions x up to 10 athletes

Paul Edwards + up to 8 athletes

Matt Mayne + up to 2 athletes

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

+ occasional track session for Bob or Nigel's athletes as necessary and as space allows - otherwise grass training