

IMPORTANT INFORMATION FOR ATHLETES FOR RETURN TO TRAINING DOCUMENT DATED 4 JUNE 2020

We are hoping to return to Club training on 15th June. Obviously, things will be different for a while as life returns to some kind of normality.

The guidelines given by the Government and England Athletics currently allow for small groups of one coach and five athletes to train together so it is unlikely that you will be able to get as much track time as previous, at the moment. The guidance below is specific for our training sessions. Athletes should also read and comply with EA guidance given on their website www.englandathletics.org

Due to these tight restraints, 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.** If you have not heard from your coach before 12th June, please contact them directly.

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.

It is likely that coaches will hold two, or perhaps three sessions on training nights with one group leaving before another one starts.

All general warming up is to be carried out outside of the track area. 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.

- When attending the track, athletes should pay and enter via the main gates. The club are in the process of procuring a contactless card payment system so this should be used where possible. They 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 to bring hand sanitiser to avoid entering buildings where possible (buildings currently closed).
- Athletes to be changed ready on arrival at track
- Toilets and changing rooms are closed at the present time. Please use the toilet before attending training as you will be unable to when you are at the track.
- 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

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.

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