

INFORMATION FOR COACHES 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. Coaches should also read and comply with EA guidance given on their website www.englandathletics.org

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

Due to these tight restraints, coaches are asked to contact 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 they do, they will not be allowed on.**

Preference should be given to existing first claim C&S members whilst arranging sessions.

If you are coach to only one first claim member athlete, we would request that you 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.

We have also requested that self coached athletes train outside of club training sessions at the present time.

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 be encouraged to return home.

Coaches are to comply with the following guidance.

- Coach a group of no more than five athletes at one time. Coaching a different group after the other group has left is permitted. Ideally, to minimise the risk of spread of Covid-19, coaches should try to keep the same group of athletes training together, wherever possible.
- Coaches are reminded that they should complete a risk assessment for their sessions before they take place.
- Organise with athletes at what time they should attend for training.

- Ensure athletes pay their training fee and ask them to enter via the main gates.
- Arrange a location for their training group to meet up and place their belongings, checking that athletes are maintaining social distancing.
- Maintain social distancing by liaising with other coaches that may be working on track and advising athletes of requirements. Coaches to produce sessions that encourage social distancing to be maintained
- 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.
- Any person showing Covid-19 symptoms should not attend the track and should isolate in accordance with Government guidelines
- Coaches to bring hand sanitiser to avoid entering buildings where possible (buildings currently closed).
- Remind 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 are currently unable to when you are at the track.
- Coaches and athletes are to be reminded of Government guidance in relation to washing hands, catching coughs and sneezes and avoiding touching face with unclean hands.
- Coaches and athletes are to maintain a minimum of 2m social distancing from each other and other individuals (except for those in their own household)
- 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.
- 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

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.

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