



ATHLETE/PARENT GUIDANCE – RETURN TO TRAINING

The committee consider the track facilities at Nunnery Wood to be a “Covid-secure” area, and these guidelines are written on that basis.

Any training that is arranged away from the track facilities is not considered to be undertaken in a “Covid-secure” area. Accordingly, the maximum number of participants is to be one (1) coach and five (5) athletes.

If any athlete or coach is displaying symptoms of Covid-19 (high temperature, new continuous cough or loss of smell or taste) then they are not to train at the track and to inform those that they have trained with recently about their symptoms. Any such individual should follow the Government guidance in respect of testing and self-isolation – the latest guidance can be found at <https://www.gov.uk/coronavirus>

- **Wash hands** before leaving home and ensure that you have all the **equipment, clothing, hydration/food, hand sanitiser** and **up-to-date coach information** that is necessary for you and your fellow athletes to enjoy a safe training session.
- **Athletes will only be permitted onto the track facilities by the invitation of their coach. Athletes must inform their coach if they are unable to attend a session for which they have been booked.** This may give another athlete the opportunity to train.
- Nunnery Wood Sports Complex will be open during regular training sessions.
 - **toilet facilities will be available**, they are to be accessed via the “boot room” entrance to the left of the Sports Centre. Do not use the reception entrance
 - **there will be no changing facilities**
 - **groups should not meet or gather at the Sports Centre**
 - there will be no access to the Tower
 - there will not be floodlighting
- The coach is responsible for the signing in of each of their athletes and is to keep a record of the athletes in attendance for each session for a period of 21 days after the session.
- Spitting and nasal clearing are strictly prohibited.
- Athletes are to leave promptly at the end of their training session and are not to congregate at the gate area.
- Each group will be allotted an area of the track and must stay within that designated area. **It is for the coaches to ensure that all athletes remain socially distanced both within their training group and with other users of the track (at least 2 metres or 1 metre plus if 2 metres is not possible).**
- Athletes are to warm up in their designated area.
- The Club will provide hand gel and sanitiser which is to be used for the cleaning of equipment. Coaches are responsible for ensuring all equipment is sanitised.
- Only one person is permitted into the container at any time.
- **Vertical jumps** – Your coach will instruct you in the current protocols for communal jumping. Do not touch equipment unless invited to by your coach.
- **Horizontal jumps** – Your coach will instruct you in the current protocols for communal jumping. Do not touch equipment unless invited to by your coach.
- **Throws** - Your coach will instruct you in the current protocols for communal throwing. Do not touch equipment unless invited to by your coach.
- **Only WAC athletes and WAC coaches are permitted to have access to the track facility during a WAC session.** Parents/guardians must remain in their cars, unless it is necessary for a parent to be present for supervision purposes (a sole u18 athlete or vulnerable junior or adult). If supervision is necessary then the parent/guardian must remain in the stands observing social distancing - utilising the marked designated seating. **They will be required to supply contact details.**
- The Club’s first aid kit is now located in the container.
- The Committee reserves the right to decline entry to the track facilities to any athlete or coach if they fail to observe these rules and procedures, or the Government guidelines on social distancing.