

LINCOLN WELLINGTON ATHLETIC CLUB

COVID-19 GUIDELINES FOR USING TRACK AT YARBOROUGH.

Version 3 23 September 2020 (changes in **BOLD**)

These guidelines will help us all with ensuring that athletics training can commence on the track in a way that minimises risk and is in accordance with Government and UK Athletics advice. Please sign and return a copy of these guidelines to your coach to indicate that you have read and understood the guidance.

Before you arrive at the track

- Please do NOT come to a training session if you have (or you suspect you may have) any symptoms of Covid 19, or have been tested positive for Covid 19, or have come into contact with someone who has tested positive for Covid 19. **If any of the above, you (or your parent) must let your coach know so they can take any necessary steps to protect other members of the training group whom you have been in contact with.**
- As an additional safeguard, please do NOT come to the track if you are feeling unwell, have a cold, flu, sneezing or coughing.
- **The hub and leisure centre are now open, there is limited access to toilets but not to indoor changing.**
- Please bring waterproofs and warm layers as there is no access to any indoor space.
- Please bring along your own paper tissues.
- Please bring your own hand gel/sanitiser for your own exclusive use.
- **Although the leisure centre is now open** there is only limited first aid available. If you do get an injury, if minor, you can rest till end of session and collection by parent. If needing more attention – you must provide your coach with your parents mobile number and their agreement to return to collect you immediately if they are rung.
- Please wash your hands before coming to the session and when you return home.
- If you are bringing equipment with you for your training session it is your (or your parents) responsibility for ensuring that the equipment is cleaned prior to and after the training session. Do NOT share the item with anyone else whilst at the track.
- Only come to the track when advised by your coach that a training session has been booked for your training group. Please let your coach know if you cannot attend. Coaches will be keeping a log of attendance. You must provide contact details to your coach.

Arriving at the Track

- Please use the car park at Yarborough Leisure centre.
- During the week there will be three training sessions each night on Tuesday and Thursday evenings: 5pm to 6pm; 6pm to 7.00pm; 7.00pm to 8.00pm. You will be notified by your coach which session(s) has been booked for your group.
- In order to maintain social distancing and security for the track access to the track will be strictly controlled via the school gate near the leisure centre reception.
- The gate will be open for admissions at 5pm, 6pm and 7pm. Outside of these times the gate will be locked so if you are late you will not be able to access the track!
- Your coach will advise you of times for any Training session arranged on a Saturday or Sunday morning.
- At the gate please wait until your coach is able to escort your group to your designated area for your training session.
- Please use the hand gel/sanitiser available at the gate.
- **Your temperature may be taken before admission to the track**

Your Training session

- 2m social distancing still needs to be followed. Please keep strictly to the zone/lanes designated for your session, do not `forget` this rule and pop over to chat with your friend! Follow signage.
- Warm ups must be in an anti -clockwise direction only whilst maintaining 2 m distancing.
- If using the track, walk back recovery on the outside of the track (not the track) please.
- If your session involves using equipment from the equipment store, please note that only your coach should enter the store to collect and return the equipment. Only one person must be in the store at any one time. Under no circumstances must you share, or touch any other persons equipment.
- Be safe, and above all enjoy your training session on the Track!

I have read and understood the above guidelines and agree to follow them.

Athletes signature. Parent signature (if required)

Date Date

Home/mobile contact number

Mobile phone contact number for emergency (if different)