# **GUIDANCE FOR ATHLETES AND PARENTS ON**

# **TRAINING UNDER COVID-19 RESTRICTIONS**

The following are some points for parents and athletes about their responsibilities under England Athletics Guidance.

* Athletes under 18 must have written permission from their parents to train under Covid-19 restrictions before commencing training. An email to your coach would suffice
* Wait for your coach to invite you to a session; please do not turn up uninvited - you will not be allowed to train if the group is over the permitted size
* Anyone (or their family) with the following symptoms related to Covid-19 should not attend training:
  + a high temperature - this means you feel hot to touch your chest or back (you don’t need to take your temperature)
  + a new continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
  + a loss or change to your sense of smell or taste- this means you’ve noticed you cannot smell or taste anything, or things smell or taste different to normal
* **All athletes must have sanitiser materials with them to be allowed to train**
* Please note that there is now a temporary toilet at the Down Grange track. Coaches control access. Users are expected to follow the cleaning instructions displayed inside
* A maximum of 2 groups of 12 can be coached one after the other, with a gap between to ensure social distancing
* Athletes must always keep a social distance of a minimum of 2m from anybody else. Please note that the 2m rule still applies to athletic training; new competition guidance allows limited closer social distancing for strictly limited periods
* Once your session is finished you must leave the track keeping a minimum of 2m from other people
* Athletes are responsible for personal sanitisation at all times, including gaining access to the Down Grange track whether via gate, style or fence
* Athletes should always comply with coaches’ instructions, particularly regarding lane discipline and using implements and equipment
* Access to the Club store is restricted to nominated coaches only
* Any family that develops the above symptoms having attended a Club activity should inform their coach and Leigh Henderson, the COVID Coordinator immediately and contact NHS Test and Trace at: <https://www.nhs.uk/conditions/coronavirus-covid-19/> or on 119.
* Check the full England Athletics Step 3 guidance which can be found at: <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>
* NB Down Grange track is open to the public for running and walking **only** at all other times.

Coaches are working hard to reintroduce safe face-to-face sessions. They regularly review risk assessments of sessions/locations as required by England Athletics to keep athletes and coaches safe.

NB We must continue to show that we are working to England Athletics guidance to maintain our insurance cover.