



Senior Training Update

The current rules from England Athletics allow for a coach to work with up to 12 athletes. Craig and Barry have completed a risk assessment of training locations and sessions in line with the requirements.

We ask that you adhere to the following measures:

- We will take the names of those attending in case we need to use track and trace.
- Please bring your own drink.
- Please travel independently. The same household can travel together.
- Please adhere to social distancing with no congregating before and after the training session.
- Please bring hand gel / sanitiser.
- We will not be meeting at the club beforehand.
- Tuesday training will now start at 6.30pm from 08 September 2020. Please try to arrive punctually.
- New members must contact the Club (email via the 'Contact Us' section on the website) before attending a session and bring a completed Contact form with them.

The coaches will continue to review and will advise on future training sessions.