

Hi Athletes, Parents and Carers

Northgate Sports Centre from next Wed, September 9<sup>th</sup> 6.00pm to 7.00pm.

**The following rules must be followed for ALL athletes – we can only coach not look after.**

All athletes must have an adult with them throughout the session - to remind them of social distancing, look after the athletes' personal possessions, and to cope with any first aid as we cannot administer any. You need to toilet and wash your hands before leaving home and be dressed appropriately ready to train.

All athletes need their own hand sanitizers and sun tan cream.

Please name any clothing, bottles of drinks, spikes and bags.

We have a thermometer to test us all.

Athletes or parents will have to collect equipment each time it is used – these will have names on them – and put back in a bag at the end of the session – these will be put in the open air and cleaned by us.

Coaches will handle other equipment – e.g hurdles, cones etc.

We will need you to let us know if you are coming so we have enough coaches.

The coaches will be wearing safety equipment – athletes/ parents/ carers are welcome to wear masks or any other PPE if they wish – this is covered by a grant we accessed.

There will be no warnings if there is any inappropriate behavior – the athlete will be asked to leave immediately.

You are responsible for disinfecting the toilets and for any first aid.  
Please come ready to work in OP clothing.

Read the information and please confirm if you would like to attend training WHEN it restarts.

**Parents/ Carers -Please bring your own chairs if you want to sit down and wet gear – umbrellas.**

**Athletes – spikes if you have them, waterproof clothing.**

Margaret and Mitzi